MAKE-AHEAD BREAKFASTS SPRING-CLEAN YOUR DIET

EatingWell

WHERE GOOD TASTE MEETS GOOD HEALTH

JUNE 2013

* BERRY DELIGHTS
* POTLUCK SALADS

Delicious!

44 Fast Healthy RECIPES

* INSTANT DESSERTS
* COOL DRINKS

5 QUICK NO-FUSS DINNERS

3 NEW WAYS TO SLIM DOWN NOW!

Fresh, Easy Thai Recipes

Super Strawberry Recipes, page 52

Pasta Salad 50 WAYS

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Cover photography: Carin Krasner

Strawberries in the issue: pages 52-62, 81
Find more delicious, healthy strawberry recipes at **eatingwell.com/go/strawberries**

PHOTOGRAPHY BY CARIN KRASNER

Recipe Index

44 recipes for early-summer meals including a make-ahead brunch, easy Thai dinners, farm-fresh strawberry treats and better pasta salads.

How We Test Recipes

Each of our recipes is tested in the *Eating Well* Test Kitchen. Our goal is to provide healthy, delicious recipes that really work.

- Recipes are tested on average seven times each.
- Each recipe is tested by multiple testers.
- We test on both gas and electric stoves.
- We use a variety of tools and techniques.
- Testers shop major supermarkets to research availability of ingredients.
- Testers measure active and total time to prepare each recipe.

How We Analyze Recipes

- All recipes are analyzed for nutrition content by a Registered Dietitian.
- We analyze for calories, total fat, saturated (sat) fat, monounsaturated (mono) fat, cholesterol, carbohydrate, added sugars, protein, fiber, sodium and potassium, using The Food Processor® SQL Nutrition Analysis Software from ESHA Research, Salem, OR. (Note: Nutrition information is updated regularly. The current analyses appear with the recipes on *eatingwell.com*.)
- Garnishes and optional ingredients are not included in analyses.
- When a recipe provides 15% or more of the Daily Value (dv) of a nutrient, it is listed as a nutrition bonus. These values are FDA benchmarks for adults eating 2,000 calories a day.
- Recipes highlighted as gluten-free (*see Key, below*) do not include wheat, rye, barley or oats. But it's important to read the labels of processed foods, such as broths and condiments, to make sure they don't contain hidden sources of gluten.

Key to Icons*

Icons (or colors) identify recipes that are most appropriate for certain eating goals. A recipe marked...

- ¢ **[Budget Entree]** costs less than $3 per serving.
- is ready to eat in 45 minutes or less.
- **Gluten-Free** (*see note, above*)
- h♥w **[Healthy Weight]** has reduced calories and limited saturated fat.
- h♥f [High Fiber] provides significant total fiber.
- h♥h **[Healthy Heart]** has limited saturated fat.

*For more on our nutritional-analysis process and complete guidelines on how we define each icon, visit *eatingwell.com/go/guidelines*.

How We Price Recipes

- Costs for ingredients come from safeway.com and peapod.com.
- Costs include every ingredient, even staples.
- Costs include only the amount used (e.g., 1 teaspoon capers, not the entire jar).
- Garnishes and optional ingredients are not included in cost.
- Prices are best estimates as of spring 2013.

More Great Recipes

Go to **eatingwell.com/recipes**

PAGE			RECIPE	h♥w	h♥f	h♥h	CALORIES DV: 2,000	FAT/SAT (g) DV: <65/20	CARBS (g) DV: 300	FIBER (g) DV: 25	SODIUM (mg) DV: <2,400
			BRUNCH & COCKTAILS								
86			Pecan-Berry Coffee Cake	•			208	12 / 3	24	2	116
83			Pistachio Breakfast Sausage Patties	•		•	132	9 / 2	4	1	198
84		¢	Prosciutto & Asparagus Strata	•		•	229	12 / 4	12	2	588
57	⏱		Strawberry Chile Martini				193	0 / 0	18	1	2
82			Sunrise Bellini				142	0 / 0	15	1	5
81			Very Berry Fruit Salad	•	•		208	6 / 3	35	9	17
			SALADS, SIDES & STARTERS								
40	⏱		Anchovy & Cherry Tomato Salad	•		•	106	8 / 1	6	2	389
55	⏱		Arugula & Feta Salad with Strawberry Vinaigrette	•			118	9 / 3	7	1	326
38	⏱		Bacon, Tomato & Farro Salad	•	•	•	134	2 / 0	26	3	149
75			Black Sticky Rice	•		•	107	1 / 0	23	1	3
41	⏱		Olive & Goat Cheese Stuffed Cherry Tomatoes				14	1 / 1	1	0	21
43	⏱		Spring Salad with Peas & Frizzled Shallots	•	•		205	16 / 3	10	3	201
56	⏱		Strawberry & Blue Cheese Bruschetta				66	2 / 1	10	1	139
			PASTA SALADS & DRESSINGS								
100	⏱	¢	Antipasti Pasta Salad	•	•	•	298	14 / 3	36	7	535
100	⏱	¢	Broccoli & Feta Pasta Salad	•	•	•	264	6 / 2	44	6	457
101	⏱		Creamy Buttermilk Dressing *(per tablespoon)*				18	1 / 0	2	0	100
101	⏱		Herb Vinaigrette *(per tablespoon)*				45	5 / 1	0	0	61
100	⏱	¢	Melon & Chicken Pasta Salad	•		•	294	6 / 2	38	4	833
101	⏱	¢	Peas & Ham Pasta Salad	•	•		315	9 / 4	40	6	871
101	⏱	¢	Vegetable & Tuna Pasta Salad	•		•	285	12 / 3	28	3	401
			VEGETARIAN								
28	⏱		Grilled Portobellos with Chopped Salad		•		312	20 / 7	25	7	736
48	⏱	¢	Pinto Bean Chilaquiles		•	•	431	24 / 5	43	11	684
68	⏱		Thai Red Curry with Vegetables *(vegetarian variation)*	•			180	7 / 5	25	4	506
48	⏱	¢	Vegetarian Spinach Enchiladas	•	•		326	11 / 6	36	7	551
			POULTRY								
46	⏱	¢	Chicken Taco Bowls	•			401	21 / 7	29	4	707
46	⏱	¢	Chicken Taco Bowls for Two	•	•		404	21 / 7	30	5	708
34	⏱		Grilled Chicken Caesar Salad Wrap		•	•	429	16 / 4	40	5	688
34	⏱		Grilled Chicken Caesar Salad Wrap for Two		•	•	428	16 / 4	40	5	680
32	⏱	¢	Grilled Chicken Thighs with Cucumber-Mint Salad	•			325	21 / 4	5	2	521
58		¢	Herb-Crusted Chicken with Fresh Strawberry Relish	•		•	173	9 / 2	6	2	374
71		¢	Thai Grilled Chicken with Sweet & Spicy Dipping Sauce	•		•	269	9 / 3	19	0	469
			SEAFOOD								
32	⏱	¢	Curried Shrimp & Potato Kebabs	•		•	246	12 / 1	15	1	342
46	⏱		Scallop & Pepper Tacos	•	•	•	307	13 / 2	30	5	694
			MEAT								
30	⏱		Beef & Asparagus Negimaki Rolls	•		•	300	14 / 4	11	2	461
70	⏱	¢	Thai Fried Rice	•		•	407	15 / 3	50	4	636
73			Thai Grilled Beef Salad	•		•	202	6 / 2	9	1	515
			SAUCES & CONDIMENTS								
69	⏱		Fish Sauce with Chiles				7	0 / 0	1	0	397
72	⏱		Grilled Eggplant Salsa	•		•	30	0 / 0	6	2	301
38	⏱		Roasted Cherry Tomato & Sage Sauce	•		•	93	7 / 1	7	2	200
			DESSERTS								
18			Double Ginger Frozen Yogurt Sandwiches	•		•	70	1 / 0	13	0	65
19			Frozen Peanut Butter-Pretzel Pie				288	15 / 4	33	1	317
18			Frozen Raspberry-Chocolate Terrine	•		•	115	2 / 1	22	2	60
19			Mini Frozen Baklava	•		•	46	2 / 0	7	0	16
19	⏱		Pomegranate Float	•		•	210	2 / 1	42	0	99
60			Strawberry-Rhubarb Upside-Down Cake		•		321	17 / 3	40	3	241
62	⏱		Vanilla Strawberries with Lemon Ricotta		•		259	10 / 6	28	3	193

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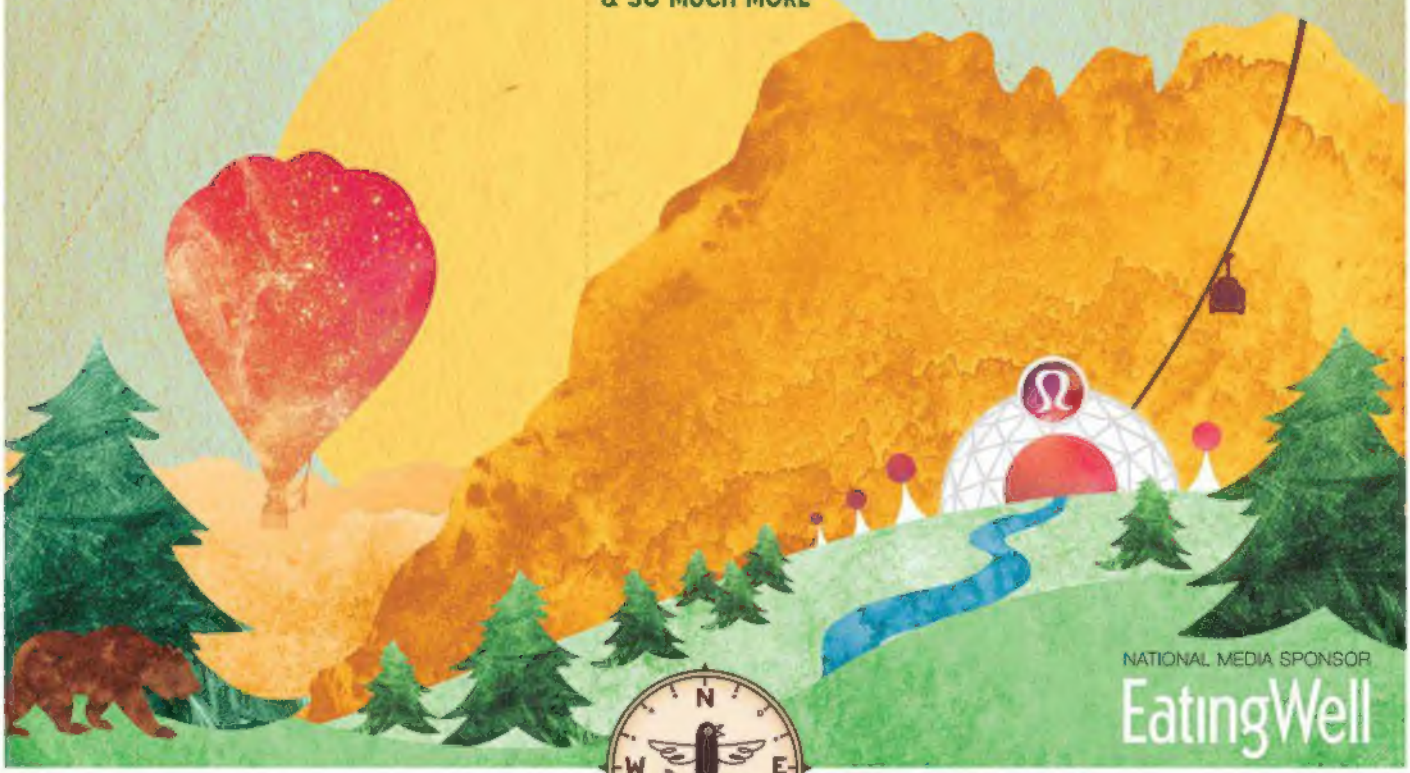

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What does it mean to "eat clean"? It's a trendy term, but when we asked our Facebook friends what you thought it meant we got a variety of answers (some hilarious), ranging from "no sweets" to "showering before dinner."

Spring-Clean Your Diet

Here at *EatingWell*, we believe "eating clean" is actually remarkably easy: for us, it means eating wholesome fruits and vegetables that are in season, such as the strawberry recipes developed by Jesse Cool for "Picking Season" (*page 52*). It means choosing whole grains over refined ones (see page 99 for some great new ideas for whole-wheat pasta salad). It means limiting (but not necessarily eliminating) saturated fats, sodium and added sugars (which *Silver Palate Cookbook* author Julee Rosso does in her scrumptious lightened-up brunch, *page 78*). And it means doing what Michael Pollan (whom we interview on page 14) calls "the healthiest thing you can do": cook at home.

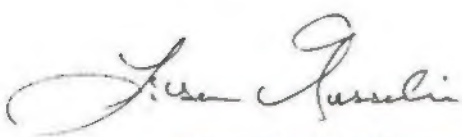
A NATURAL SOLUTION
Sarah Willis and author Barry Estabrook at Willis's antibiotic-free ranch.

It also can mean limiting our exposure to toxins and food-borne illnesses. Thanks to efforts by enterprising farmers, that's becoming easier. In this issue we write about two farmers who are leading the way in "cleaning" up farming. Jim Cochran became California's first large-scale organic berry farmer 30 years ago and he's never looked back, eschewing the use of synthetic pesticides in favor of natural solutions.

Sarah Willis and her family are part of a collective of Niman Ranch farmers who have found they can raise livestock successfully without enclosing them in tight pens and regularly feeding them antibiotics to stimulate growth. Why is this important? As Barry Estabrook writes in "Growing Resistance" (*page 88*), more than 80 percent of the antibiotics used in America are now fed in low doses to livestock, giving rise to a new breed of drug-resistant superbugs that can be deadly to humans.

We may never all agree on just what "eating clean" really means, but if spring-cleaning your diet means you think about your food, learn more about where it comes from and how healthy it is for you, that's a good thing.

Santé!



Lisa Goeselin, Editorial Director
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The Checklist

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✓**GROW YOUR OWN HERBS & VEGETABLES**
Get our picks and how-to tips for the easiest herbs and vegetables to grow at home at eatingwell.com/go/gardening

✓**10 WAYS TO EAT CLEAN**
Find out what to ditch and what to eat more of if you're trying to clean up your diet at eatingwell.com/go/eatclean

✓**WIN A NEW GRILL**
We're giving away a grill every day from May 5 through May 11. See page 102 for rules. Enter our daily sweepstakes at eatingwell.com/winGrill

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Our Contributors

Jesse Ziff Cool
Organic Chef

In 1976, Jesse Ziff Cool opened one of the first organic restaurants in the country. Many more restaurants, a catering company and seven cookbooks later, her goal is the same: to cook delicious food with the freshest ingredients, grown by, in her words, "awesome farmers." One such farmer is Jim Cochran, whom she says "has the most delicious Chandler strawberries." Read more about Cochran, a pioneer in sustainable farming, and try Cool's strawberry recipes, starting on page 52.

Laura Fraser
Food & Travel Writer

Since her first book, *Losing It*, an exposé of the diet industry, award-winning writer Laura Fraser has gone on to chronicle the amazing tastes of foods around the world. Her 2001 book *An Italian Affair* was a *New York Times* bestseller and her latest work, *All Over the Map*, is a travel memoir. For "Picking Season" (page 52), Laura had only to travel a few hours from her home in the San Francisco Bay area to taste the amazing strawberries at Swanton Berry Farm.

Andrew Scrivani
Photographer

An art director asked photographer Andrew Scrivani if he could cook and shoot something on short notice for *The New York Times* 12 years ago. "It was my first food assignment and I never looked back." Scrivani cooks a lot (and blogs about it). For the *Thai Tonight* story he photographed (page 66), he said his favorite dish was the roasted eggplant salad because "it really had that perfect balance for me."

WHERE GOOD TASTE EatingWell MEETS GOOD HEALTH

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Feedback

Making Me Crazy!

I have been savoring my April copy of *EatingWell*. "Rediscovering Quinoa" was such an informative piece. "5-Minute Breakfasts to Go" [*Good*] looked like something I could find time to make before work. With all the photos and recipes for my favorite foods—garlic, asparagus, avocado, fish, poultry, etc.—it's making me crazy deciding which one to make first. Thank you for one of the most inspiring magazines. *—Linda Miller, Marana, AZ*

Feed My Strength

I was really impressed by the "Feed Your Strength" article [*Nutrition Report*, April 2013]. I appreciated all the tips to maintain muscle mass. But I really appreciated the knowledge that when I can't get to the gym for a week or two and complain that I've lost muscle strength, it's not all in my head!
—Liz Wright, York, PA

50% Gluten-Free?

As I paged through the April issue today it seemed as though 50% or more of the recipes were celiac-friendly, yet I didn't see a single gluten-free icon on the recipes. Not even the yummy-looking Almond Butter-Quinoa Blondies. Love the magazine! You are one of the best sources of up-to-date and sensible information on cooking, nutrition and health in one beautiful package.
—Amelia Vidmar, Erie, PA

Editors' reply: *We highlight gluten-free recipes in color in each issue's recipe index—and they're tagged on eatingwell.com.*

Quinoa Controversy

I am very distressed over the last issue, which touted the benefits of quinoa. Do you NOT know that the boom in quinoa demand is destroying the Bolivian highlands? You're promoting a grain that is incredibly damaging to a people.
—Marina Julian, Mansfield, CT

Editors' reply: *We sent our reporter to Bolivia to investigate this issue. Read his story in the April issue and at eatingwell.com/go/quinoa.*

We want to hear from you!

Send your comments to *editor@eatingwell.com*

EatingWell asked: "What does 'eating clean' mean to you?"

- Eating food with all the nutrients in right proportions. *—Salim Jiven*
- Five or less ingredients or how Mother Nature made it. *—Michelle Swanson-Calhoun*
- No sweets. *—Melissa Rojas*
- The only people that have touched my food are the farmer and me!! ... Well, not that drastic .. It means eating like we did when mom and grandma cooked (minus the lard of course!), having food in its most natural state and not something out of a box. *—Jeannie Bolash*
- No carbs. *—Elizabeth Sanchez*
- Snacking while vacuuming... *—Bonnie Jean Sherbert*

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ANDREW SCRIVANI

Sorry, soda.
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DARK CHOCOLATE
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ALASKA SEAFOOD

Wild, Natural & Sustainable

Taste the many flavors of basil in recipes on pages 38, 68, 73, 101 & 102

PLANT A BOUNTY OF BASIL

Herbalicious!

Most of us know flowery Genovese and Italian sweet basils—think pesto—but the world of basil offers huge diversity, especially if you grow your own.

Thai basil has a sweet, anise flavor. Holy, or tulsi, basil is more pungent and clove-like. Both are common in Asian dishes. Lemon basil's citrusy tang is perfect for infusing vinegars and in seafood dishes. And lime basil adds zest to fish and salads. The spicy essence of cinnamon basil makes it a good fit for heartier dishes. Purple-hued opal basil is ideal for garnishes and adding a pop of color to salads. Tiny-leaved pistou and fino basils more than make up for their small size with intense aroma and spicy-sweet taste. Unlike other basils, they have soft stems, much like parsley.

You may not find all these varieties at the store, so grow your own! You don't need a green thumb: basil is easily grown in a pot, content in a sunny spot and pretty forgiving. (For seed and growing resources, see page 102.) Plus, having your own plant means you get fresh herbs whenever, without the waste of plastic clamshells or wilted sprigs. Pick the leaves young, when they are more aromatic than older leaves. —*Gretel H. Schueller*

Make Pesto Find our tasty recipes at eatingwell.com/go/pesto

Eat, Tweet, Track *and Lose!*

Tweet.

A recent University of South Carolina weight-loss study found that participants who posted the most tweets about their efforts lost the most weight. Sharing tips, challenges and milestones (even in 140 characters or less) helps with weight loss because it provides social support, say the researchers.

Track.

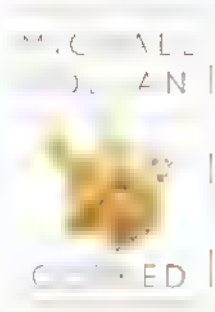
Using a mobile app that tracks eating and activity helped people lose an average of 15 pounds and keep it off for at least a year, according to a new Northwestern University study. Everyone in the study went to nutrition education classes, but half did not get the app. Those without the app didn't lose any weight.

Chew.

You should chew each bite of food 40 times, according to a study in the *American Journal of Clinical Nutrition*. When a group of lean and obese participants were asked to chew each bite of a meal 40 times, all of them ate nearly 12 percent less food—versus when they chewed just 15 times.

Michael Pollan: "The #1 Thing You Can Do to Be Healthier"

Michael Pollan wrote about agriculture in his *New York Times* bestseller *The Omnivore's Dilemma* and nutrition in *In Defense of Food*. Now, in *Cooked: A Natural History of Transformation* (Penguin Press, April 2013), he homes in on what he believes is the single-most important step we can take to make our food system healthier and more sustainable. —*Michelle Edelbaum*



Why is home cooking so important?
Cooking is key to changing our health and the environment. People who cook for themselves eat healthier diets. You could cook Twinkies, but it's really hard to do and you're not likely to do it more than once in a lifetime. You're not going to reform the way we farm and process food unless you cook. Local food isn't going to get big if people aren't cooking. If you let corporations cook for you, they're going to buy food from the biggest monocultures.

What are the three best tips you picked up writing this book?
Patience, presence and practice. To really be present while you're cooking and to not be fighting something else you want to do. Don't rush things. I think we have a tendency to cook too fast, with the burner too high. When you're sautéing onions, give them a half hour to cook and they'll get sweeter and more translucent and the dish will be so much more delicious. We're in this time panic and we feel like everything's got to happen in 20 minutes.

What about people who only have 20–30 minutes to make dinner on a weeknight?
Well, that same person has an hour for yoga or surfing the Web. We put pressure on the kitchen to save 10 minutes to do something else. I'm just arguing that it's important—for your health, your family life and your sanity.

What's one forgotten food?
Frozen vegetables are one of the great overlooked benefits of an industrial food system. They are often picked at their nutritional peak and frozen right away. I think frozen spinach is pretty good (and, by the way, it's already cleaned).

"You're not going to reform the way we farm and process food unless you cook."

More Michael at eatingwell.com/

A Wholesome, Flavorful, and oh so Satisfying Snack.

Sargento® Natural Cheese Snacks are a good source of calcium and have at least 4 grams of protein per cheese stick. It's one snack sure to satisfy, bite after delicious bite.

For More Smart Snacks

Tipping the Scales: For the first time, the Global Burden of Disease report—involving 500 scientists in 50 countries—found that **obesity has become more of a health problem than lack of food.** In contrast, its last report (in 1990) ranked malnutrition as the #1 health risk around the globe and being overweight was 11th. Malnutrition has since dropped to 21st place, while being overweight has risen to 6th.

Greener Acres, Better Food

MAKING FARMING AFFORDABLE FOR ALL

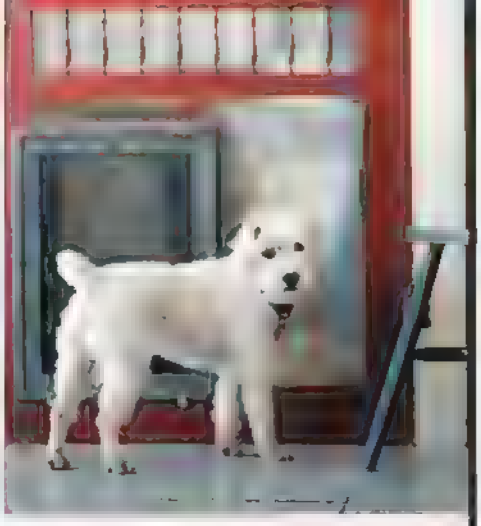
In Boulder County, Colorado, an acre of farmland can easily sell for $100,000—and that's without the unicorn-rare water rights in this desert environment. That could make farming here a pricey or even prohibitive prospect. But since the 1990s, the county has been purchasing and preserving open space, accumulating some 100,000 acres. A chunk of that land—25,000 acres—is now devoted to promoting local agriculture. Boulder County Parks and Open Space (BCPOS) leases the land to farmers for the rock bottom price of $100 an acre per year.

FARMERS
The Condons grow about 80 varieties of produce on Isabelle Farm, thanks in part to Boulder County's innovative land program.

Natalie Condon is one beneficiary of the program. She and her husband started Isabelle Farm on their own land, but they could not have grown on an additional 75 acres without the price break from the county. They currently run a community-supported agriculture program, sell at area farmers' markets and supply local restaurants with organic produce. "The program keeps agricultural land in production, which is a tough thing to do as ag isn't a reliable or very profitable business," Condon says. "It opens the doors to many aspiring and novice farmers who wouldn't otherwise have a shot at farming in Boulder County."

About 90 farmers, with pint-size farms of 1 acre to those as large as 1,000 acres, are part of the program. "If not for the county permanently preserving agricultural land, the land would most likely have been developed," says Jennifer Kemp, BCPOS's local food & public outreach specialist. "If you look at the intense development of surrounding communities, you see what likely would have happened here," Kemp says, referring to the zealous development along the Denver-Boulder corridor.

Then again, Boulder is known for being "25 square miles surrounded by reality." But reality is starting to notice: Kemp says she regularly gets calls from around the country about implementing the program. —*Allyson Reedy*



Ask the Vet

So many dog and cat foods are promoting "grain-free" and "high-protein." Are they really healthier?

There is no evidence that a normal, healthy cat or dog would be healthier on a higher-protein or grain-free diet. There is also no evidence that eating a higher-protein or grain-free diet would harm a healthy pet. Nevertheless, both are trendy marketing terms.

Keep in mind, each company may have its own definition of what constitutes "high-protein." As so, high-protein is not necessarily grain-free and vice versa. In some instances, cats or dogs may do better on higher-protein diets, such as during weight loss and during growth; puppies and kittens need more protein than adults. However, in cats or dogs with kidney disease, higher protein can be harmful.

Nor are all proteins created equal. Each protein source, such as egg or soybean, may contain different essential nutrients. In addition, the processing methods and fiber content will determine digestibility more than the protein source itself. Focus less on the ingredients and more on the nutrients. Talk with your vet about what diet is in your pet's best interest.

—Dr. Deborah Linder, DVM, DACVN, *head of Tufts Obesity Clinic for Animals*

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SEE IT. MAKE IT.

Fast, Fabulous Fro-Yo

When you serve one of these frozen goodies this summer, your friends will think you're a great cook. And if you tell them it only took a few minutes to throw together—a genius too! No need to divulge that low-fat vanilla frozen yogurt is your go-to ingredient... unless you want to let them in on the secret that these sweets are better for you too. Low-fat fro-yo has about half the calories and a fraction of the fat of some regular ice creams. Calories vary among brands, so look for one with about 100 calories per ½-cup serving and get ready to be a hero.

Frozen Raspberry-Chocolate Terrine

Makes: 8 servings **Calories:** 115

Mash 1⅓ cups raspberries and stir in 2 cups softened low-fat vanilla frozen yogurt. Combine another 2 cups softened low-fat vanilla frozen yogurt and 2 tablespoons unsweetened cocoa powder in another bowl. Line a loaf pan with plastic wrap. Spread about half the raspberry frozen yogurt in the pan. Top with the chocolate, then the rest of the raspberry. Freeze until firm, at least 3 hours. To serve, invert onto a serving plate, remove plastic wrap and slice.

Double Ginger Frozen Yogurt Sandwiches

Makes: 8 servings **Calories:** 70

Combine 1 cup softened low-fat vanilla frozen yogurt, 2 tablespoons finely chopped crystallized ginger and 1 tablespoon lemon juice. Spread on 8 thin ginger cookies (such as Anna's brand), then top with another cookie. Freeze in a single layer until firm, at least 1½ hours. Individually wrap once frozen solid.

For more nutrition information, turn to the recipe index on page 2.

Pomegranate Float

Makes: 1 serving **Calories:** 210

Combine ⅓ cup pomegranate-flavored (or plain) seltzer and ⅓ cup pomegranate juice in a glass. Add ¾ cup low-fat vanilla frozen yogurt and top with fresh blueberries.

Frozen Peanut Butter-Pretzel Pie

Makes: 8 servings **Calories:** 288

Combine 3 cups softened low-fat vanilla frozen yogurt and ⅓ cup creamy natural peanut butter. Stir in ¼ cup broken thin pretzel sticks. Spread into a chocolate cookie pie crust. Freeze until firm, at least 3 hours. Garnish with more pretzel pieces before serving.

Mini Frozen Baklava

Makes: 15 servings
Calories: 46

Combine 1 cup softened low-fat vanilla frozen yogurt and ¼ cup finely chopped pistachios. Keeping them in their plastic tray, fill 15 frozen mini phyllo shells with the frozen yogurt. Drizzle with 4 teaspoons honey and top with whole pistachios. Freeze until firm, at least 1½ hours.

A Better Bottle

In January, Concord, Massachusetts, became the first U.S. town to ban the sale of single-serving plastic water bottles. There are plenty of reasons why more than 28 universities and other communities have enacted similar bans. By switching to a tap-filled reusable bottle, you'll drink water just as pure, help reduce the global glut of plastic bottles and save money: Americans spent $10.6 billion on bottled water in 2009—paying up to 1,000 times the cost of tap water, according to Food & Water Watch. —*Gretel H. Schueller*

DRINK UP

According to the Institute of Medicine, women should get about 91 ounces of water each day and men about 125 ounces. Most of your total water intake should come from beverages, but we do get about 20% from food.

FILL 'ER UP

"Hydration stations" are appearing at various public spaces. These modern-day water fountains are designed for water bottles. The "TapIt" phone app offers a network of eateries across the country where you can refill for free.

ADD FLAVOR

A squirt of lime or lemon can naturally freshen your water. Or try the Aqua Zinger, a stainless-steel water bottle with a built-in grinder cup that lets you infuse water with produce and herbs. Our fave combo: watermelon and basil.

TAP THAT

A test of more than 1,000 bottles of water commissioned by the Natural Resources Defense Council concluded that bottled water is not cleaner or safer than regular tap water. In fact, federal regulation of tap water is more stringent than that of bottled water. The review also noted that at least 25 percent of bottled water is just tap water. Still worried? Install a faucet filter.

CLEAN IT

Water bottles provide an ideal home for mold and bacteria, which thrive in moist environments. Cracks and scratches in the plastic give bacteria places to grow. Some bottles are dishwasher-safe. Use a bottlebrush to scrub hard-to-reach spots. Fizzy cleaning tablets, such as Bottle Bright by Clean Ethics, can naturally clean those recesses. Air-dry both the cap and bottle completely to prevent bacterial growth.

Takeya's 22-ounce glass bottle with sleeve ($19.99)

Choosing the Right Vessel

Glass water bottles are the easiest to clean and most recyclable. Though glass is also the most fragile, most versions come with a protective silicone sleeve *(as pictured above)*.

Stainless steel is lightweight and dishwasher-safe, but can dent if dropped.

Aluminum bottles look like stainless steel but have a big difference: aluminum reacts with acidic liquids, so they're lined with an enamel or epoxy layer that can wear down. Not dishwasher-safe, some linings contain as much BPA as their plastic predecessors, according to a University of Cincinnati College of Medicine study. You can get a good gauge of whether the lining will leach BPA by looking at the color: a golden-orange coating will; a white coating will not. (The new linings by Sigg do not.)

Plastic bottles are typically inexpensive. And since 2010 most are BPA-free. (Keep in mind, the "BPA-free" label is not regulated.) They are not safe for hot liquids or microwaves, and health concerns with other leachable toxins in plastics still exist. (Independent studies indicate "Tritan" plastic bottles by Nalgene don't leach detectable BPA.)

EMMA ALLEN

BLUE Naturally Fresh

Introducing a major advance in reducing cat litter odor: The walnut shell.

BLUE Naturally Fresh™ is a walnut-based cat litter that is proven to provide superior odor control.

When it comes to what cat parents want in a litter, nothing is more important than odor control. That's why you'll want to try BLUE Naturally Fresh, the only cat litter made from walnut shells. In laboratory tests, walnut shells neutralized odor better than leading brand litters.

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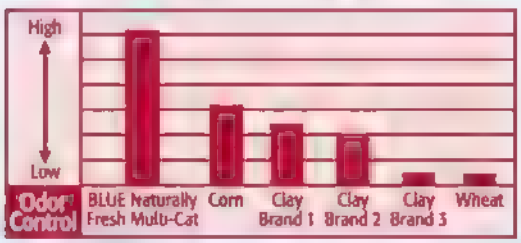
- **Low tracking** so the litter stays in the box

BLUE Naturally Fresh: 2x-6x More Odor Control
Among Leading Brand Multi-Cat Litters



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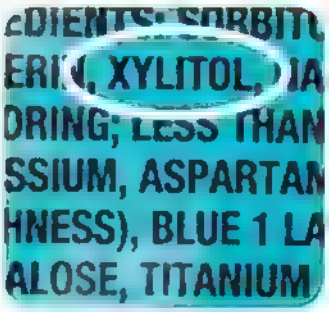
Label Watch



This strange-sounding ingredient is merely a low-cal sweetener. Xylitol, a sugar substitute, occurs naturally in small amounts in fruits and vegetables. It's absorbed slowly and incompletely, delivering 40 percent fewer calories than sugar but with similar sweetness. Because our bodies use little or no insulin to break down xylitol, it can be helpful in diabetic diets. Find it in sugar-free mints, chewing gums, some "special-diet" baked goods, toothpastes and saline nasal sprays. It's safe for us, but makes dogs and ferrets ill. *—Anne Bliss*

Grapefruit Warning

A juicy grapefruit is both refreshing and healthy, but if you're taking certain prescription medications, think twice before digging into one. A new study in the *Canadian Medical Association Journal* reveals 43-plus drugs are risky when taken within 72 hours of eating grapefruit or drinking grapefruit juice—causing reactions ranging from fainting to sudden death. Previously, only 17 medications were flagged.

The most commonly prescribed drugs that interact with grapefruit are cholesterol-lowering atorvastatin and simvastatin (Lipitor, Zocor); quetiapine (Seroquel) for bipolar disorder and nifedipine (Procardia) for angina. New additions include solifenacin and tamsulosin (VESIcare, Flomax) for urinary issues and eplerenone (Inspra) for hypertension. Normally, an enzyme in the small intestine regulates how much of the drug is absorbed. Grapefruit, however, contains a compound that inhibits the enzyme so more of the drug gets absorbed. For a full list of medications that pose a threat, visit *eatingwell.com/go/grapefruit*. Always ask your physician and pharmacist about any possible interactions. *—Holly Pevzner*

Ask Brierley

Which is healthier: juicing or making smoothies?

Juicing and smoothies are all the rage right now. While both can boost your fruit and vegetable intake (something most Americans need to do) and are great for getting a variety of produce into your diet, one is the better choice.

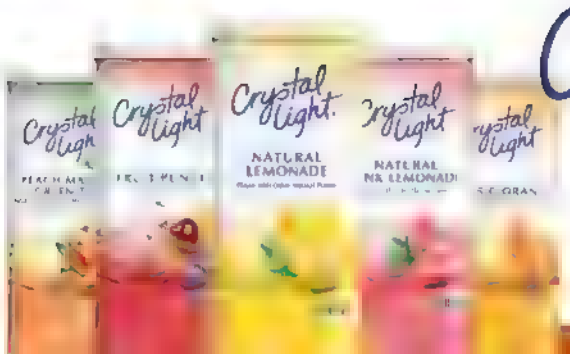
That's the smoothie. Why? Juicing leaves behind a pulp—which contains fiber and nutrients that you end up tossing away—and thus you lose most of the benefits of whole fruits and vegetables. Blending produce into a smoothie, however, preserves fiber—and a smoothie can deliver an extra boost of vitamins, minerals and phytochemicals because it often includes fruit skins and pith. If your smoothie includes yogurt or milk, you get some calcium too. Blending, however, introduces oxygen and sometimes heat, which will knock out a little vitamin C and some B vitamins. (No big deal really, as most of us get plenty of C and produce isn't a top source of the most sensitive B vitamins.) Smoothie-lovers beware, though: smoothies can easily turn into high-calorie, sugar-delivery devices if they include sweetened yogurt, sweetened juice, sorbet, frozen yogurt or ice cream (that's called a milkshake, folks)—and, sadly, many made-to-order and bottled smoothies include these ingredients.

Bottom line: DIY smoothies reign supreme—you know what you're getting or, for that matter, not getting. But they are no substitute for whole fruits and vegetables in your diet because it's easier to take in more calories when you drink instead of eat them. Thus, the Produce for Better Health Foundation recommends no more than 8 to 12 ounces of blended or juiced produce daily.

Send your nutrition questions to **Nutrition Editor Brierley Wright, M.S., R.D.,** at *asku s@eatingwell com*

Healthy Smoothie Recipes Find smoothie recipes packed with veggies, fruit and more at eatingwell.com/go/smoothies

"My routine is anything but routine."



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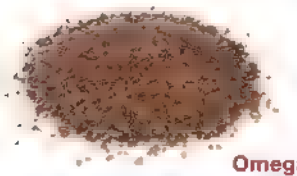
FOR EVERY SHADE OF YOU

Chia: Fad Food or Cure-All?

Chi-chi-chi-chia! It's back—again. Not in the form of green "fur" on bald clay animals—thank goodness. Instead these tiny seeds that once fueled ancient Aztec and Mayan empires are now a key element of the latest diet craze, the Aztec Diet. But do they deserve their miracle weight-loss superfood status?

How 3 Super Seeds Stack Up

Unlike flax, you can eat chia seeds whole or milled, and both seem to be equally nutritious. Below, see how these seeds compare nutritionally (per tablespoon)



	Hemp	Flax	Chia
Omega-3 (g)	1	2	2
Fiber (g)	<1	3	4
Protein (g)	3	2	2
Calories	57	55	53

No one disputes that the seed is nutritious—"It's the highest plant source of omega-3s," in the form of ALA (alpha-linolenic acid), says Wayne Coates, Ph.D., professor emeritus of agricultural engineering at the University of Arizona. It's also a complete protein, boasts more fiber than flax and contains niacin, magnesium and antioxidants. Whether chia has more to offer is up in the air. The handful of clinical trials on the seed are mixed. Most have found that people who eat chia regularly (2 to 5 tablespoons a day) have higher levels of ALA in their blood, which has been loosely linked in other studies to a lower risk of cardiovascular disease. But most trials show no direct link between eating chia and lowering blood pressure, cholesterol or inflammation—actual markers of cardiovascular disease. They also don't confirm that chia helps people lose weight or boosts energy or focus or concentration.

A few intriguing results—from small studies—do exist, however. In 2007, Vladimir Vuksan, Ph.D., professor at the University of Toronto, found that when people with type 2 diabetes ate about 3 tablespoons a day of a variety of chia called Salba (compared to when they ate the same amount of wheat bran), their systolic blood pressure and hs-CRP (a marker of inflammation) decreased significantly (possibly because their blood omega-3s increased). A 2010 study he did of healthy people—using Salba baked into bread—showed participants had lower spikes in blood sugar after eating bread with higher amounts of Salba. They also felt satisfied for longer.

Chia makes for a heart-healthy nutritious ingredient (mix it into a smoothie or sprinkle it on a salad as you would sunflower seeds). But, at this point, that's it. If you're sensitive to mustard, sesame seeds, oregano or thyme, you may be allergic to chia. And if you're taking blood thinners or other heart medications, check in with your doctor before stocking up on chia.

—Rachael Moeller Gorman

Sweet Rewards?

Does chocolate a Nobel Prize winner make? A study in the *New England Journal of Medicine* found a correlation between a country's level of chocolate consumption and its number of Nobel laureates per capita. Switzerland—the land of Lindt and Toblerone—and the Scandinavian countries lead the pack. But before you start gorging on chocolate, remember one of the key principles of science: correlation does not equal causation.

Fiber-Up, Guys

You know fiber is good for your heart and digestion—and now promising new research reveals another health benefit for men. Fiber may help slow the progression of prostate cancer. Phytic acid, a nondigestible carbohydrate found in fiber-rich foods, slowed the growth of prostate cancer tumors in mice in a study out of the University of Colorado Cancer Center, published in *Cancer Prevention Research* in January 2013. Though phytic acid didn't stop the tumors from developing in the first place, it significantly slowed their progression and prevented them from advancing to an aggressive stage. "[Phytic acid] cut off the energy supply to the tumors by decreasing the number of blood vessels and reducing the amount of glucose pumped into the cells," explains lead author Komal Raina, Ph.D.

The dietary guidelines recommend that men eat 38 grams of fiber daily, but most only get about 15 grams a day. Up your fiber—and phytic acid—intake by swapping in whole grains for refined ones and eating more produce. Also try snacking on nuts and seeds and adding beans to your diet (½ cup of black beans delivers a whopping 8 grams of fiber). Remember: add fiber slowly and drink plenty of fluids to help ease your digestive system into a more fiber-rich diet.

—Lisa D'Agrosa, R.D.

IMAGE: JULIA82/SHUTTERSTOCK.TOP LEFT. SHUTTERSTOCK (RIGHT); ILLUSTRATION BY MONIKA ROE

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Quick Dinners with **Sizzle**

Easy grilling recipes for any night of the week

Now that it's getting warmer, it's time to go out(side) for dinner. All day at work I look forward to a lovely meal on the deck. I can picture it—the cold beer, the setting sun... I can even hear the sizzle and smell the smoky charms of spicy chicken or marinated steak.

The tiny glitch in this vision is my tentative relationship with our grill. I've had to be shown more than once how to start it up. Yes, I'm a girly griller—I admit it—and basic "put it on, flip it once and take it off" is about all I can handle. So to help keep the grilling weeknight-easy, I asked the cooks in the *EatingWell* Test Kitchen for a few tips.

First, they said, let the grill get nice and hot. For a recipe like our juicy, refreshing Grilled Chicken Thighs with Cucumber-Mint Salad, a hot grill will keep the meat from sticking. Another secret to successful speedy grilling is to pick ingredients that cook quickly—like the shrimp for Curried Shrimp & Potato Kebabs. The little potatoes are fast-tracked, too, thanks to a brief visit to the microwave before they get kebab-ed. It smells so enticing I can't wait to eat.

No grill to build your fantasy dinner around? Don't feel left out: there are some broiler variations for you. In the midst of a busy week, I don't always remember the grill as an option—but these recipes will change that. —***Wendy Ruopp***

Grilled Portobellos with Chopped Salad

hlf

Makes: 4 servings
Active time: 45 minutes
Total: 45 minutes
Cost per serving: under $4

A salad of grilled vegetables and beans tops portobellos smothered in cheese

- ¼ cup lemon juice
- 3 tablespoons extra-virgin olive oil
- ¼ cup chopped fresh dill
- 3 cloves garlic, minced
- ½ teaspoon salt
- ½ teaspoon freshly ground pepper
- 4 large portobello mushroom caps, gills removed
- 1 15-ounce can small white beans, rinsed
- 2 small bell peppers, quartered and seeded
- 1 small red onion, cut into ¼-inch-thick slices
- 1 medium zucchini, cut lengthwise into ¼-inch slices
- 1 cup shredded fontina cheese

1. Preheat grill to medium-high.
2. Combine lemon juice, oil, dill, garlic, salt and pepper in a large bowl. Add mushroom caps and turn to coat. Remove the mushrooms from the bowl. Add white beans; stir to coat.
3. Place the mushroom caps gill-side up on the grill with peppers, onion and zucchini. Grill the vegetables, turning once, until they start to char and soften, about 8 minutes for the mushrooms and 6 minutes for the rest. Turn the mushrooms gill-side up again. Fill each with ¼ cup cheese and grill until the cheese is melted, about 1 minute more.
4. Chop peppers, onion and zucchini and add to the bowl with the beans; toss to combine. Top each mushroom with about 1 cup of the grilled salad.

Per serving: 312 calories; 20 g fat (7 g sat, 10 g mono); 31 mg cholesterol; 25 g carbohydrate; 0 g added sugars; 15 g protein; 7 g fiber; 736 mg sodium, 850 mg potassium. **Nutrition bonus:** Vitamin C (107% daily value), Folate (34% dv), Vitamin A (31% dv).

Win a New Grill We're giving away a grill every day from May 5-11. See page 102 for rules. Enter our daily sweepstakes at eatingwell.com/winGrill

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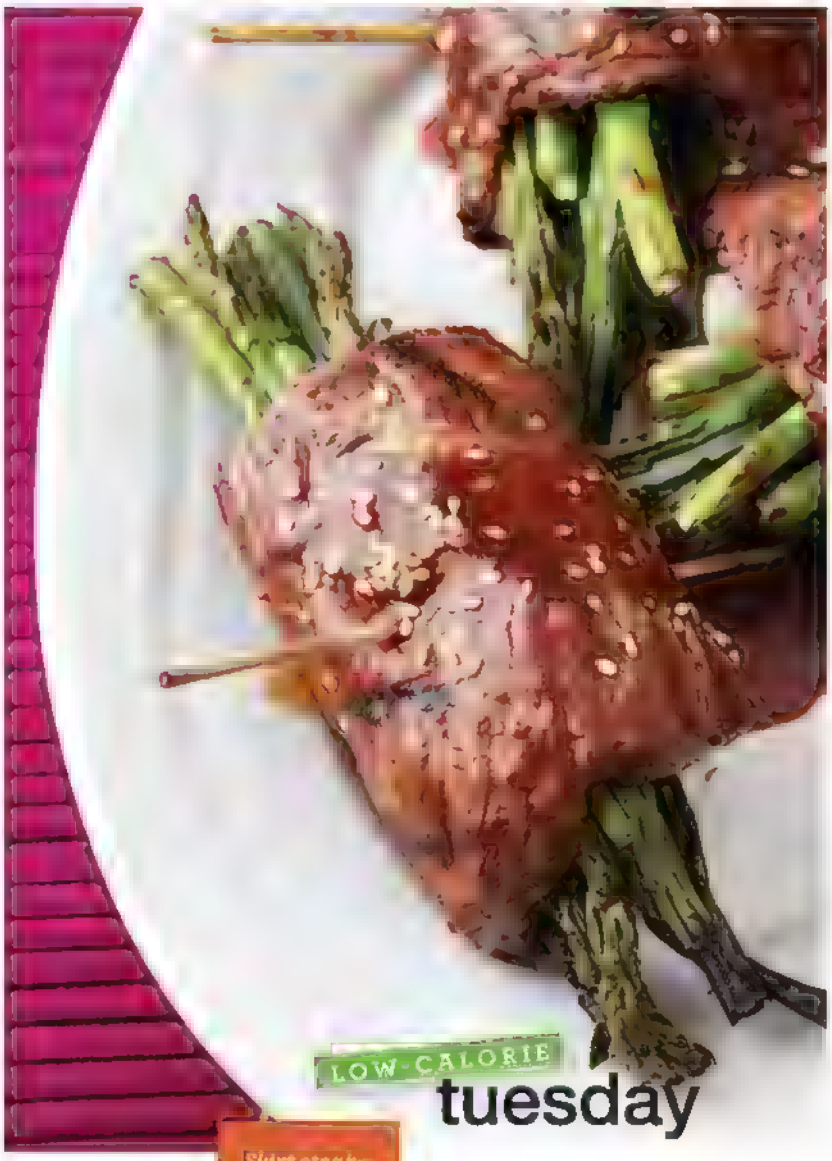

LOW-CALORIE

tuesday

Beef & Asparagus Negimaki Rolls

h*w h♥h

Makes: 4 servings
Active time: 40 minutes
Total: 40 minutes
Equipment: 4 skewers
Cost per serving: under $4

Skirt steak—a relatively inexpensive, thin, long cut with a rich, beefy flavor—is becoming more widely available. Call ahead to make sure the market has it or ask your butcher to order it for you. For this recipe, you'll need a piece that's about 12 inches by 6 inches.

Pictured: Thin Japanese negimaki rolls (in which beef [illegible])

- 3 tablespoons hoisin sauce
- 3 tablespoons water
- 1 tablespoon tomato paste
- 1 tablespoon rice vinegar
- 1 teaspoon toasted sesame oil
- ½ teaspoon crushed red pepper
- 1 bunch asparagus (about 1 pound), trimmed
- 1 bunch scallions, trimmed and halved crosswise
- 1 tablespoon canola oil
- ¼ teaspoon salt
- ⅛ teaspoon freshly ground pepper
- 1¼ pounds skirt steak (*see Tip, below*), trimmed
- 2 teaspoons toasted sesame seeds

1. Preheat one side of the grill to medium-high (or build a medium-high-heat fire on one side of a charcoal grill), leave the other side unheated.
2. Mix hoisin, water, tomato paste, vinegar, sesame oil and crushed red pepper in a medium bowl until smooth. Spoon 2 tablespoons of the mixture into a small bowl. Set the rest aside.
3. Toss asparagus, scallions, canola oil, salt and pepper in a large bowl.
4. Cut steak in half lengthwise, then cut each long strip in half crosswise to make four 2-by-6-inch pieces. Pound any uneven pieces to a ¼- to ½-inch thickness. Brush the top side of the steak pieces with the 2 tablespoons of sauce. Divide asparagus and scallions among the steak pieces, placing the bundles across the middle. Fold and roll the steak over the bundles and thread a skewer through the overlapping ends of the steak and through the bundle to hold the rolls together.
5. Place the rolls seam-side down on the hot side of the grill for 5 minutes. Turn and grill until the second side is beginning to char, about 5 minutes more. Move the rolls to the unheated side, cover and cook for about 5 minutes more for medium steak.
6. Remove from the grill. Brush the steak with some of the reserved sauce and sprinkle with sesame seeds. Serve with the remaining sauce for dipping.

Per serving: 300 calories; 14 g fat (4 g sat, 6 g mono); 88 mg cholesterol; 11 g carbohydrate; 3 g added sugars; 33 g protein; 2 g fiber; 461 mg sodium; 739 mg potassium. **Nutrition bonus:** Zinc (41% daily value), Folate (30% dv), (Potassium 21% dv), Iron (20% dv), Vitamin A (19% dv), Vitamin C (16% dv).

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Coat a broiler pan with cooking spray and place the seasoned chicken thighs on it. Broil 3 to 4 inches from the heat source until no longer pink in the middle, 5 to 6 minutes per side.

wednesday

Grilled Chicken Thighs with Cucumber-Mint Salad

h☆w

Makes: 4 servings, 1 chicken thigh & ⅓ cup salad each
Active time: 35 minutes
Total: 35 minutes
Cost per serving: under $2

The cumin-and-coriander rub on this chicken pairs deliciously with a minty cucumber salad. Chicken thighs vary widely in size. Ask your butcher to hand-select 4 large thighs for this recipe. If you can only find small thighs, cook 2 per person and reduce the grill time slightly.

- 2 cups diced seeded English cucumber (about 1 large)
- 6 tablespoons chopped fresh mint
- 3 tablespoons finely chopped red onion
- 3 tablespoons extra-virgin olive oil, divided
- 2 tablespoons white-wine vinegar
- ¾ teaspoon salt, divided
- 3 cloves garlic, minced
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- 4 large boneless, skinless chicken thighs (about 1¼ pounds), trimmed

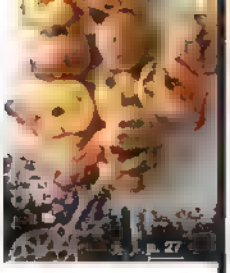
1. Preheat grill to medium-high. (*No grill? See broiler variation, above.*)
2. Combine cucumber, mint, onion, 2 tablespoons oil, vinegar and ¼ teaspoon salt in a medium bowl. Set aside.
3. Mash garlic and the remaining ½ teaspoon salt in a small bowl (or with a mortar and pestle; *see page 102*) until it becomes a paste. Stir in the remaining 1 tablespoon oil, coriander and cumin. Rub the mixture on both sides of each chicken thigh.
4. Grill the chicken thighs until an instant-read thermometer inserted into the thickest part registers 165°F, 3 to 5 minutes per side. Serve the chicken with the cucumber salad.

Per serving: 325 calories; 21 g fat (4 g sat, 12 g mono); 94 mg cholesterol; 5 g carbohydrate; 0 g added sugars; 27 g protein; 2 g fiber; 521 mg sodium; 358 mg potassium. **Nutrition bonus:** Zinc (20% daily value), Iron (16% dv).

thursday

Curried Shrimp & Potato Kebabs

h☆w h♥h


p. 27

Makes: 4 servings, 1 kebab & 2 Tbsp. sauce each
Active time: 30 minutes
Total: 30 minutes
Equipment: 4 (12-inch) skewers
Cost per serving: under $3

- 12 new or baby potatoes
- 3 tablespoons canola oil
- 2 tablespoons chopped fresh cilantro
- 1 tablespoon curry powder
- 3 cloves garlic, minced
- ¼ teaspoon salt
- 20 peeled and deveined raw shrimp, tails left on (20-25 per pound, *see Tip, page 102*)
- ½ cup nonfat plain yogurt
- 1 teaspoon lime juice

1. Preheat grill to medium. (*No grill? See broiler variation, below.*)
2. Place potatoes in a microwave-safe container. Cover and microwave on High until just tender when pierced with a fork, 3 to 3½ minutes.
3. Meanwhile, combine oil, cilantro, curry powder, garlic and salt in a large bowl. Reserve 2 tablespoons of the mixture in a small bowl. Add shrimp and the potatoes to the large bowl; toss to coat. Thread the shrimp and potatoes onto four 12-inch skewers.
4. Grill the kebabs, turning once, until the shrimp are pink and the potatoes are browned, 2 to 3 minutes per side.
5. Stir yogurt and lime juice into the small bowl of reserved sauce. Serve each kebab with 2 tablespoons sauce.

Per serving: 246 calories; 12 g fat (1 g sat, 7 g mono); 143 mg cholesterol; 15 g carbohydrate; 0 g added sugars; 19 g protein; 1 g fiber; 342 mg sodium; 243 mg potassium. **Nutrition bonus:** Vitamin C (23% daily value).

BROILER VARIATION: **Coat a broiler pan with cooking spray and place the skewers on the pan. Broil 3 to 4 inches from the heat source until the shrimp are pink and the potatoes are browned, 2 to 3 minutes per side.**

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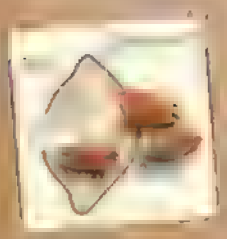

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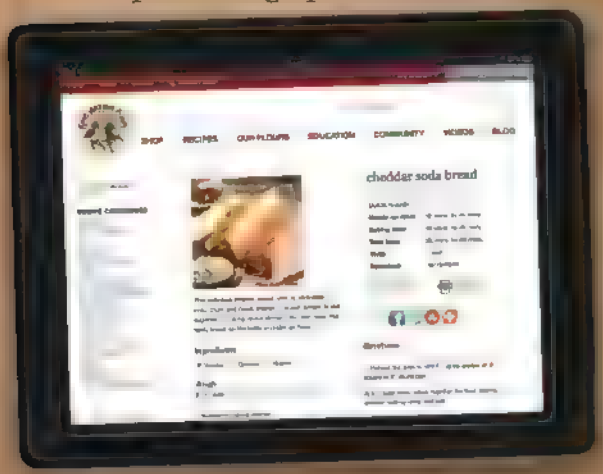

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Grilled Chicken Caesar Salad Wrap

h†f h♥h

30

Makes: 4 servings
Active time: 30 minutes
Total: 30 minutes
Cost per serving: under $3.50

When you grill chicken and romaine it gives Caesar salad an irresistibly smoky flavor. Throw it in a wrap and you've got dinner.

- 3 tablespoons lemon juice
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons low-fat mayonnaise
- 1 clove garlic, minced
- ½ teaspoon freshly ground pepper
- 2 boneless, skinless chicken breasts (about 1 pound total), trimmed
- ⅛ teaspoon salt
- 2 small romaine hearts
- ⅓ cup finely shredded Parmesan cheese
- 4 8- to 9-inch spinach wraps, warmed

1. Preheat grill to medium-high.
2. Combine lemon juice, oil, mayonnaise, garlic and pepper in a large bowl.
3. Oil the grill rack (*see Tip, page 102*). Sprinkle chicken with salt. Cut romaine in half lengthwise, leaving root ends intact. Grill the chicken until an instant-read thermometer inserted into the thickest part registers 165°F, 4 to 6 minutes per side. Two minutes before the chicken is done, place the romaine on the rack and grill, turning once or twice, until lightly charred and beginning to wilt, 2 to 3 minutes total.
4. Cut the chicken into bite-size pieces. Cut the root ends off the romaine, then chop the leaves. Add the chicken, lettuce and Parmesan to the bowl with the dressing; toss until well combined. Fill each wrap with about 1½ cups of the salad and roll closed.

Per serving: 429 calories; 16 g fat (4 g sat, 7 g mono); 69 mg cholesterol; 40 g carbohydrate; 0 g added sugars; 33 g protein; 5 g fiber; 688 mg sodium; 408 mg potassium. **Nutrition bonus:** Vitamin A (138% daily value), Folate (28% dv).

Make it for Two:
Halve all the ingredients, using just a pinch of salt on the chicken and 2½ Tbsp. cheese in the salad.
friday
Download a printable shopping list for this week's dinners at
eatingwell.com/go/shoppinglist

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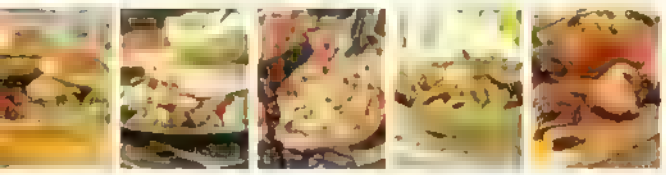

Ingredients

NUTRITION ANALYSIS.

FOR MORE RECIPES, VISIT: cabotcheese.coop

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One-Bite **Wonders**

When it comes to early-summer tomatoes, think small for the sweetest rewards

Cherry tomatoes don't get all the hype of big summer heirloom slicers, but they should. Loosely defined as any tomato smaller than a golf ball, they're consistently tasty and explode with a juicy blast of bright, tart-sweet flavor in each bite. Plus they're the first to ripen, the last on the vine and often the easiest to grow. One reason for these little tomatoes' intense taste may lie in the unusually large amount of glutamic acid they contain; the compound is what gives meat its savory taste (aka umami). Give cherry tomatoes their due by marinating, stuffing or oven-roasting them as in these four eat-again recipes.

—Gretel H. Schueller

Power Nutrient: Tomatoes deliver lycopene, an antioxidant that appears to protect against certain cancers and heart disease. Cooking tomatoes in oil boosts the body's absorption of lycopene

Bacon, Tomato & Farro Salad

h•w h•f h•h

30

Makes: 6 servings, about ¾ cup each
Active time: 30 minutes **Total:** 30 minutes

We love farro, a high-fiber whole grain, because it cooks in about 15 minutes and has an amazing toothsome texture. Here we combine it with smoky bacon, sweet cherry tomatoes and fresh basil for a summery side dish or light lunch.

- 1 cup farro or quick-cooking barley
- 2 slices center-cut bacon
- 1 medium shallot, chopped
- 2 tablespoons white-wine vinegar
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 1 pint cherry tomatoes, quartered
- ¼ cup chopped fresh basil

Look for farro in the bulk section or near other grains in natural-foods stores.

1. Place farro (or barley) in a medium saucepan; add enough water to cover by 2 inches. Bring to a boil. Cover, reduce heat and simmer until tender, 15 to 20 minutes for farro (about 10 minutes for barley). Drain and transfer to a large bowl.
2. Meanwhile, cook bacon in a nonstick skillet over medium heat until crisp. Drain on a paper towel-lined plate; leave the fat in the pan. Add shallot to the pan and cook, stirring, for 1 minute. Stir in vinegar, salt and pepper. Remove from heat.
3. Crumble or chop the bacon. Add to the bowl along with tomatoes, basil and the warm vinaigrette; gently stir to combine. Serve warm or at room temperature.

Per serving: 134 calories; 2 g fat (0 g sat, 0 g mono); 2 mg cholesterol; 26 g carbohydrate; 0 g added sugars; 5 g protein; 3 g fiber; 149 mg sodium; 147 mg potassium.

Roasted Cherry Tomato & Sage Sauce

h•w h•h

30

Makes: about 3 cups
Active time: 15 minutes **Total:** 30 minutes
To make ahead: Cover and refrigerate for up to 3 days; reheat before using.

[illegible] roasted cherry [illegible] with baked h[illegible], sp[illegible]it on a panini o[illegible] [illegible]hole-wheat pasta

- 2 pints cherry tomatoes
- 1 medium onion, thinly sliced
- 4 cloves garlic, minced
- ¼ cup chopped fresh sage
- 3 tablespoons extra-virgin olive oil, divided
- 1 tablespoon red-wine vinegar
- ½ teaspoon salt
- ¼ teaspoon freshly ground pepper

1. Preheat oven to 450°F.
2. Combine tomatoes, onion, garlic, sage, 1 tablespoon oil, vinegar, salt and pepper in a 9-by-13-inch metal pan. Roast, stirring once halfway through, until the tomatoes and onion are tender, 15 to 20 minutes.
3. Lightly mash the tomatoes to release their juices. Stir in the remaining 2 tablespoons oil. Serve warm.

Per ½-cup serving: 93 calories; 7 g fat (1 g sat, 5 g mono); 0 mg cholesterol; 7 g carbohydrate; 0 g added sugars; 1 g protein; 2 g fiber; 200 mg sodium; 278 mg potassium. **Nutrition bonus:** Vitamin C (26% daily value), Vitamin A (17% dv).

PHOTOGRAPHY BY PETER ARNITO. FOOD STYLIST LESLEY WITH CAROLYN CASNER. PROP STYLIST CLAUDIA VEVUN

Brushing for two minutes now can save your child from severe tooth pain later. Two minutes, twice a day. They have the time. For fun, 2-minute videos to watch while brushing, go to 2min2x.org

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Anchovy & Cherry Tomato Salad

h*w h♥h

Makes: 4 servings, about ¾ cup each
Active time: 20 minutes **Total:** 20 minutes

This salad has very few ingredients but absolutely sings with flavor when it's made with cherry tomatoes picked at their ripest. For the prettiest salad, use a combination of orange, yellow and red tomatoes.

- ½ cup chopped fresh chives
- 6 anchovy fillets, finely chopped
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons sherry vinegar
- 1 teaspoon whole-grain mustard
- ½ teaspoon freshly ground pepper
- ¼ teaspoon salt
- 2 pints cherry tomatoes, halved

Whisk chives, anchovies, oil, vinegar, mustard, pepper and salt in a large bowl until well combined. Gently stir in tomatoes.

Per serving: 106 calories; 8 g fat (1 g sat, 6 g mono); 5 mg cholesterol; 6 g carbohydrate; 0 g added sugars; 3 g protein; 2 g fiber; 389 mg sodium; 407 mg potassium. **Nutrition bonus:** Vitamin C (40% daily value), Vitamin A (30% dv).

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Olive & Goat Cheese Stuffed Cherry Tomatoes

Makes: 2 dozen
Active time: 25 minutes **Total:** 25 minutes
To make ahead: Prepare and hold at room temperature for up to 2 hours.

These [illegible] great pop-in-your-mouth appetizer. Scooping out the insides of the tomato can be a little tricky without the right tool—we think a ¼-teaspoon measuring spoon works very well for the job.

- 24 cherry tomatoes (about 1 pint)
- 3 ounces goat cheese
- 2 tablespoons finely chopped green olives
- 1 tablespoon low-fat milk
- ⅛ teaspoon freshly ground pepper, plus more for garnish
- 2 teaspoons finely chopped fresh oregano

1. Slice about ¼ inch off the top of each tomato. If necessary, trim a sliver off the bottom so the tomato sits flat. Gently scoop out the seeds with a small spoon or the tip of a small knife.
2. Mash goat cheese, olives, milk and ⅛ teaspoon pepper in a small bowl until well combined. Fill each hollowed tomato with a generous 1 teaspoon of the cheese mixture. Sprinkle with oregano and more pepper, if desired.

Per piece: 14 calories; 1 g fat (1 g sat, 0 g mono); 2 mg cholesterol; 1 g carbohydrate; 0 g added sugars; 1 g protein; 0 g fiber; 21 mg sodium; 43 mg potassium.

More Tomato Recipes! Get our most-pinned recipe for Baked Parmesan Tomatoes & more at eatingwell.com/go/tomatoes

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A **Salad** for the **Season**

Now's the time to head to the farmers' market to find just-picked fresh shelling peas. Peas thrive in the cooler weather of late spring and early summer. Keep in mind that unlike their frozen counterparts they take a little work. You do need to shell them, after all. But it's worth it! Especially when you build a special salad around them. Here we leave the peas raw so that their bright grassy green flavor can play with delicate red leaf lettuce, beautiful frisée and the irresistible savory, oniony flavor of fried shallots. Toss it together with a light vinaigrette infused with tarragon and you have the perfect taste of early summer. ***—Jessie Price***

Power Peas: Try fresh peas raw on a salad. They're a good source of fiber, and with vitamins A and K they can help keep your eyes and bones healthy.

A Better Topper: Fried shallots give this salad out-of-this-world flavor. And compared with store-bought fried onions they have half the calories and a fraction of the saturated fat and sodium.

Fresh Salad Ideas! eatingwell.com/go/salads

Spring Salad with Peas & Frizzled Shallots

h*w h•f

Makes: 6 servings, about 1⅓ cups salad & 3 Tbsp. shallots each
Active time: 40 minutes
Total: 40 minutes

- 1½ cups thinly sliced shallots
- 6 tablespoons extra-virgin olive oil
- 3 tablespoons white-wine vinegar
- 1 tablespoon whole-grain mustard
- 1 tablespoon chopped fresh tarragon *or* 1 teaspoon dried
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 6 cups torn red leaf lettuce
- 4 cups torn frisée
- 1 cup shelled fresh peas *or* frozen peas (thawed)
- 2 hard-boiled eggs, shredded *or* chopped

1. Separate shallot slices into rings. Heat oil in a small stainless-steel skillet (or small saucepan) over medium-high heat until shimmering. (To test if your oil is hot enough, add a shallot ring: if it starts sizzling on contact, the oil is ready.) Add half the shallots and cook, stirring frequently, until browned, 4 to 8 minutes. With the pan off the heat, use a slotted spoon to transfer the shallots to a plate lined with paper towels. Cook the remaining shallots and transfer to the plate. The shallots will get crispier as they cool.
2. Pour the hot oil into a large, heat-resistant bowl (you should have ¼ to ⅓ cup); let cool for 10 minutes. Whisk in vinegar, mustard, tarragon, salt and pepper until well combined. Add lettuce, frisée, peas and eggs and toss to combine. Divide among 6 plates. Top each portion with about 3 tablespoons frizzled shallots.

Per serving: 205 calories; 16 g fat (3 g sat, 11 g mono); 62 mg cholesterol; 10 g carbohydrate; 0 g added sugars; 5 g protein; 3 g fiber; 201 mg sodium; 297 mg potassium. **Nutrition bonus:** Vitamin A (74% daily value), Folate (22% dv).

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The Incredible Flexible **Tortilla**

How to turn simple corn tortillas into fiesta-worthy dinners

You may know fragrant, earthy corn tortillas best as the delivery mechanism for delicious taco fillings. (And yes, we love a good taco too, so you'll find one loaded with scallops and peppers on the following pages.) But tortillas can morph into much more, thanks in part to their flexibility. Literally. How do they get so soft and supple? They're made from corn kernels that have been softened in an alkaline solution during a process called nixtamalization (no relation to the tamale) and ground to make *masa*. The masa is pressed, cut and cooked briefly to become the soft and pliable tortilla.

This floppy texture comes in handy when you use the flip-side of a muffin tin as a mold for making crisp tortilla bowls to carry green salsa braised chicken with all the fixings. Fast-track spinach-and cheese enchiladas on Cinco de Mayo by layering your tortillas instead of rolling them. Or crisp then simmer tortillas in chile sauce in a one-skillet version of *chilaquiles*. A delicious dinner is only a tortilla or two away. —***Hilary Meyer***

Corn vs. Flour: How Do They Stack Up?*

6-inch Corn Tortilla	6-inch Flour Tortilla
56 calories	80 calories
2 g fiber	0 g fiber
10 mg sodium	200 mg sodium

*Numbers may vary according to brand

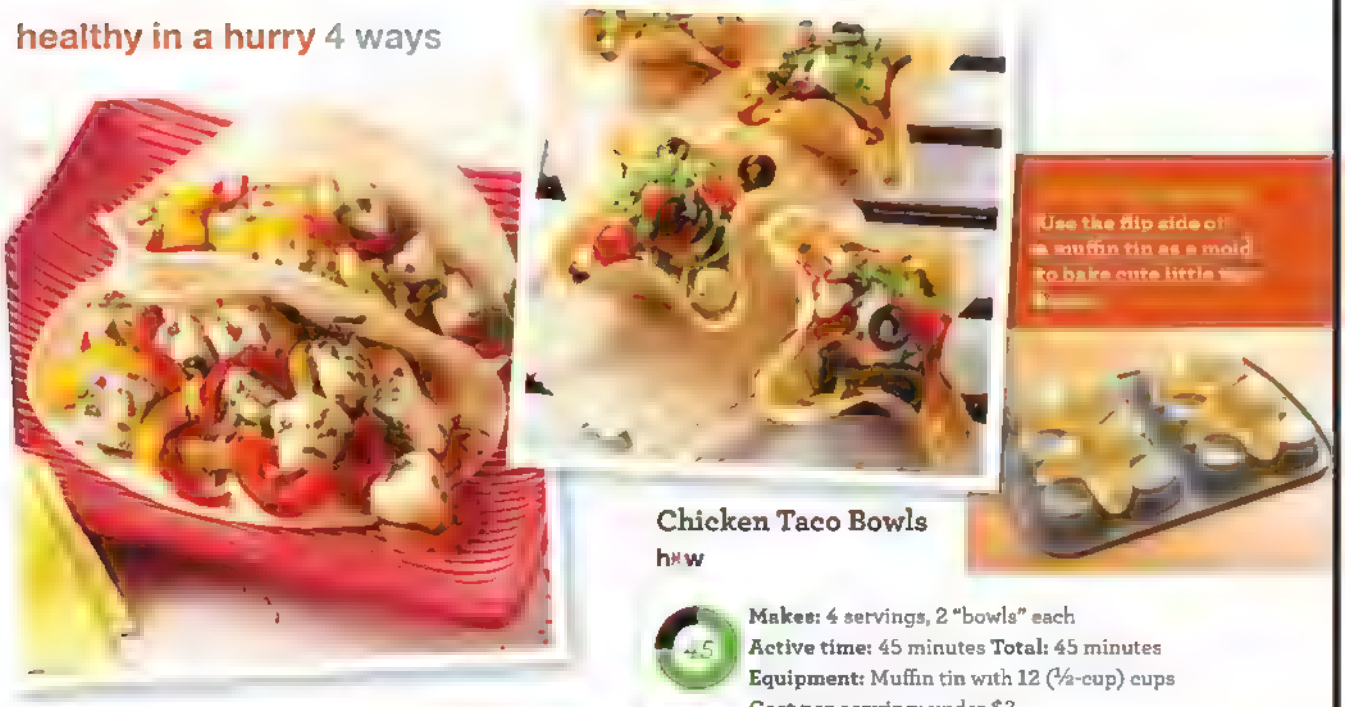
Warm It Up

Warming tortillas prevents them from cracking and breaking. Here are three ways to warm your tortillas:

In the oven: Wrap stacks of 8 tortillas in foil; place in a 375°F oven for 10 to 15 minutes.

On the stove: Turn a gas or electric burner on high. Using tongs, slide one tortilla at a time over the burner for a few seconds, alternating sides, until it's softened and beginning to char. Cover tortillas to keep warm

In the microwave: Wrap a stack of 8 tortillas in a barely damp, clean kitchen towel (or paper towel); microwave on High for 30 to 45 seconds.



Scallop & Pepper Tacos

h•w h•f h•h

35

Makes: 4 servings, 2 tacos each
Active time: 35 minutes **Total:** 35 minutes
Cost per serving: under $4.50

Take a break from classic taco fillings with this scallop, pepper and herb filling. Swap shrimp for the scallops if you prefer.

- ¾ cup fresh parsley leaves
- ⅓ cup fresh oregano leaves
- 1 clove garlic, minced
- 3 tablespoons extra-virgin olive oil, divided
- 1 tablespoon red-wine vinegar
- ¼ teaspoon crushed red pepper
- ⅛ teaspoon salt plus ¼ teaspoon, divided
- 2 medium bell peppers, halved and thinly sliced
- 1 pound large dry sea scallops (*see Tip, page 102*), patted dry, quartered
- 8 6-inch corn tortillas, heated (*see page 45*)

1. Place parsley, oregano, garlic, 2 tablespoons oil, vinegar, crushed red pepper and ⅛ teaspoon salt in a food processor; pulse until finely chopped.
2. Heat ½ tablespoon of the remaining oil in a large nonstick skillet over medium-high heat. Add bell peppers and cook, stirring, until softened, 3 to 5 minutes. Transfer to a bowl. Heat the remaining ½ tablespoon oil in the pan, add scallops and the remaining ¼ teaspoon salt. Cook, stirring, until just cooked through, 3 to 4 minutes. Add the herb sauce to the pan, remove from the heat and stir to coat.
3. Fill each tortilla with about ¼ cup each scallops and peppers.

Per serving: 307 calories; 13 g fat (2 g sat, 9 g mono); 27 mg cholesterol; 30 g carbohydrate; 0 g added sugars; 18 g protein; 5 g fiber; 694 mg sodium; 543 mg potassium. **Nutrition bonus:** Vitamin C (158% daily value), Vitamin A (59% dv), Magnesium (19% dv), Folate & Potassium (16% dv).

Chicken Taco Bowls

h•w

45

Makes: 4 servings, 2 "bowls" each
Active time: 45 minutes **Total:** 45 minutes
Equipment: Muffin tin with 12 (½-cup) cups
Cost per serving: under $3

Fill "tortilla bowls" with a zesty chicken filling and toppings.

- 8 6-inch corn tortillas
- Canola oil cooking spray
- 12 ounces boneless, skinless chicken breast, cut into ½-inch pieces
- 1 teaspoon garlic powder
- ¼ teaspoon salt
- 1 tablespoon canola oil
- 1 cup prepared green salsa
- ½ cup shredded sharp Cheddar cheese
- ½ cup reduced-fat sour cream
- 1 cup thinly sliced lettuce
- 1 medium tomato, chopped
- 2 tablespoons sliced ripe black olives

MAKE IT FOR 2: Halve all the ingredients and make just one batch of taco bowls in Step 2.

1. Preheat oven to 375°F.
2. Heat tortillas until warm (*see page 45*). Coat each side of 4 tortillas with cooking spray. (Keep the remaining 4 tortillas covered.) Turn a 12-cup muffin tin upside down. Nestle a tortilla in the space between 4 cups to form a "bowl" (*see photo, above*). Repeat with 3 more tortillas, making 4 bowls total. Bake until firm and beginning to brown, about 15 minutes. Transfer to a wire rack to cool. Repeat with the remaining 4 tortillas.
3. Meanwhile, toss chicken with garlic powder and salt in a bowl. Heat oil in a large skillet over medium-high heat. Add the chicken and cook, stirring, until it is no longer pink on the outside, about 3 minutes. Add salsa and cook, stirring, until the chicken is no longer pink in the middle, about 3 minutes more. Cover and remove from the heat.
4. Fill each tortilla bowl with about ¼ cup of the chicken mixture. Top with 1 tablespoon each cheese and sour cream, 2 tablespoons each lettuce and tomato and a few olives.

Per serving: 401 calories; 21 g fat (7 g sat, 9 g mono); 74 mg cholesterol; 29 g carbohydrate; 0 g added sugars; 25 g protein; 4 g fiber; 707 mg sodium; 395 mg potassium. **Nutrition bonus:** Vitamin A (35% daily value).

skinny jeans better.

Let's Make...

MEDITERRANEAN SKILLET

Servings: 6 Ready in 30 minutes

INGREDIENTS

1 pkg al fresco Sweet Apple Chicken Sausage, sliced into 1/2 inch pieces
1 tbsp Colavita Extra Virgin Olive Oil
1/3 cup fresh scallions, chopped
3 apricots, dried, finely chopped
2 cups basmati white rice, cooked
1/2 cup chicken broth, fat free, low sodium
1 4 tsp sage, ground
1 tbsp fresh parsley, chopped
1 cup plain, nonfat Greek yogurt
1/3 cup fresh basil, chopped
1 4 cup almonds, slivered & roasted
2/3 cup fresh seedless red grapes, quartered

INSTRUCTIONS

In a medium skillet, sauté scallions in olive oil for 3-5 minutes. Add sausage slices & apricots, sauté for 5 minutes. Add rice & broth, simmer 1 minute. Add sage & parsley. Cook for another 1-2 minutes.

Mix in yogurt & basil, heat thoroughly 1-2 minutes. Season with salt & pepper. Fold in grapes. Place in large bowl or serving dish and top with almonds. Serve either warm or cold.

70% LESS FAT than pork sausage

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Pinto Bean Chilaquiles

h•f h•h

40

Makes: 4 servings
Active time: 40 minutes **Total:** 40 minutes
Cost per serving: under $2

Chilaquiles is a Mexican dish in which corn tortillas are simmered in a flavorful sauce and sometimes served with eggs. Be sure to use regular (not hot) chili powder unless you want a very spicy sauce. Serve with lime wedges

- Canola oil cooking spray
- 8 6-inch corn tortillas
- 3 tablespoons canola oil
- 3 cloves garlic, minced
- ⅓ cup chili powder
- ¼ teaspoon salt
- 1½ cups water
- 1 teaspoon sugar
- 1 15-ounce can pinto beans, rinsed
- 4 large eggs
- ½ cup sliced radishes
- ¼ cup chopped cilantro
- ¼ cup crumbled feta cheese
- 1 tablespoon chopped red onion

1. Preheat to 375°F.
2. Coat tortillas with cooking spray; cut into quarters. Spread on a large baking sheet. Bake, stirring once halfway, until crispy, 14 to 18 minutes. Remove from the oven.
3. Heat oil in a large skillet over medium-high heat. Add garlic, chili powder and salt and cook, stirring, until fragrant, about 30 seconds. Stir in water, sugar and beans; bring to a simmer. Add the chips and return to a simmer, turning to coat, until the chips begin to soften, 2 to 3 minutes.
4. Reduce the heat to medium-low. Crack an egg into a small bowl, taking care not to break the yolk, and slip it into the pan. Repeat, spacing the eggs evenly (the whites may spread a bit). Cover and cook until the whites are just set, 4 to 6 minutes. Remove from heat. Top with radishes, cilantro, feta and onion.

Per serving: 431 calories; 24 g fat (5 g sat, 12 g mono); 194 mg cholesterol; 43 g carbohydrate; 1 g added sugars; 16 g protein; 11 g fiber; 684 mg sodium; 618 mg potassium. **Nutrition bonus:** Vitamin A (72% daily value), Iron (26% dv), Folate & Magnesium (21% dv), Calcium (19% dv), Potassium & Zinc (18% dv).

Vegetarian Spinach Enchiladas

h•w h•f

45

Makes: 4 servings
Active time: 20 minutes **Total:** 45 minutes
Cost per serving: under $2

Enchiladas are weeknight-fast when you skip rolling them and make a stacked casserole instead.

- 1 14-ounce can diced tomatoes
- 1 small onion, chopped
- 3 teaspoons minced canned chipotle chiles (*see Tip, page 102*), divided
- ¼ teaspoon salt
- 1½ cups low-fat, reduced-sodium cottage cheese
- 1 10-ounce package frozen chopped spinach, thawed and squeezed dry
- 1 cup shredded Monterey Jack cheese, divided
- 1 bunch scallions, sliced, white and green parts separated
- ½ teaspoon garlic powder
- 8 6-inch corn tortillas

1. Preheat oven to 450°F. Coat an 8-inch-square baking dish with cooking spray.
2. Place tomatoes, onion, 2 teaspoons chipotle and salt in a blender. Puree until smooth. Mash cottage cheese in a medium bowl; stir in spinach, ½ cup cheese, scallion whites, garlic powder and the remaining 1 teaspoon chipotle.
3. Spread ¼ cup of the tomato sauce in the prepared baking dish. Cover with 4 tortillas (they will overlap). Spread on ½ cup sauce, then all the spinach filling. Top with another ¼ cup sauce. Layer on the remaining 4 tortillas and the remaining 1 cup sauce. Sprinkle the remaining ½ cup cheese on top.
4. Bake the casserole until the cheese is melted and the filling is hot, about 25 minutes. Sprinkle with 2 tablespoons of the reserved scallion greens.

Per serving: 326 calories; 11 g fat (6 g sat, 3 g mono); 29 mg cholesterol; 35 g carbohydrate; 0 g added sugars; 24 g protein; 7 g fiber; 551 mg sodium; 709 mg potassium. **Nutrition bonus:** Vitamin A (178% daily value), Calcium (44% dv), Folate (37% dv), Vitamin C (31% dv), Magnesium (29% dv).

Fiesta-Worthy Mexican Recipes Get healthy Mexican recipes for guacamole, margaritas and more at eatingwell.com/go/mexican

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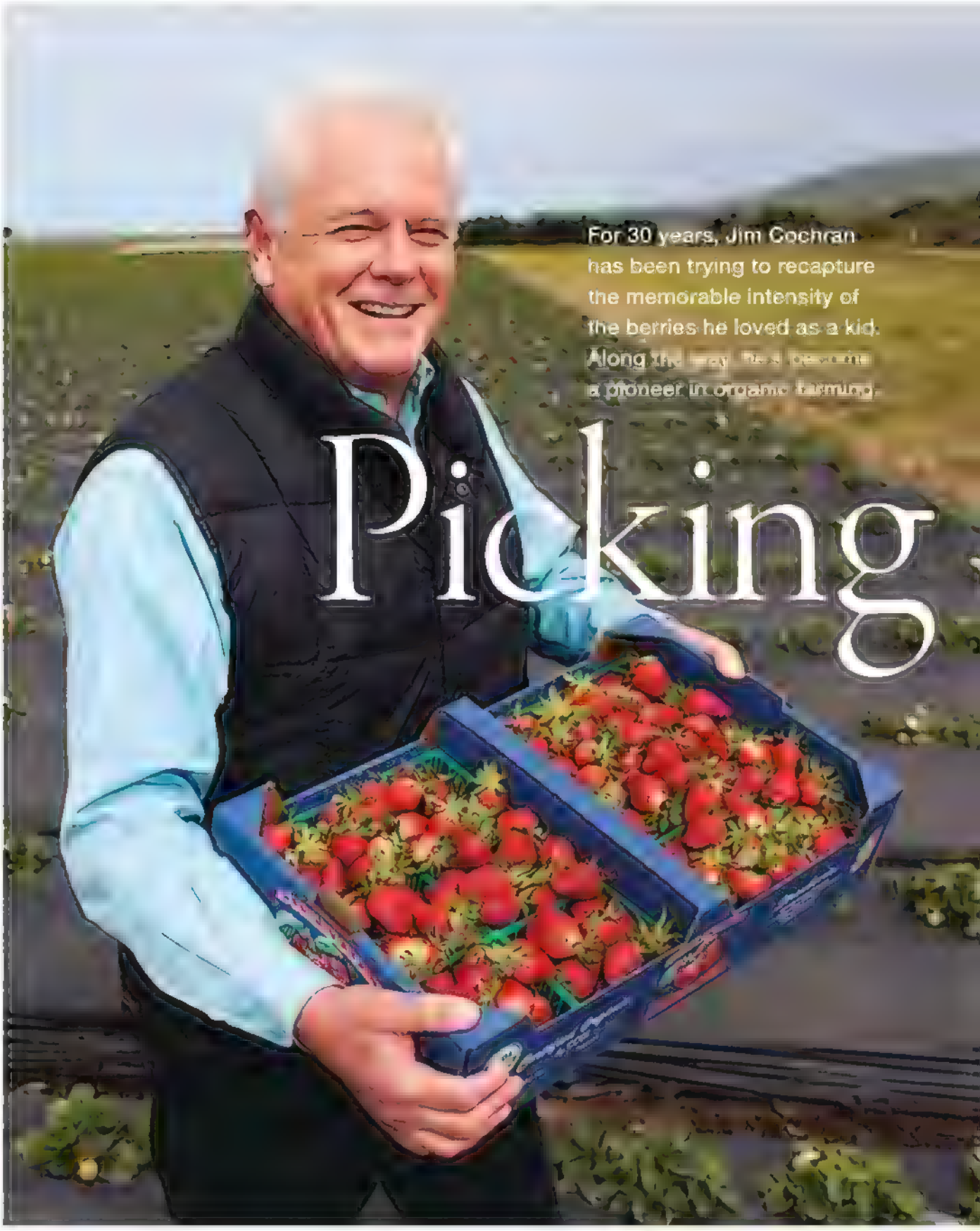

Picking

For 30 years, Jim Cochran has been trying to recapture the memorable intensity of the berries he loved as a kid. Along the way, he's become a pioneer in organic farming.

Season

BY LAURA FRASER

RECIPES BY JESSE ZIFF COOL

Location photography by Barbara Ries
Food photography by Carin Krasner

When Jim Cochran was a child, he loved to visit his grandmother, who always gave him his favorite treat: a big bowl of little strawberries. The farm-fresh berries were ripe and sweet, each one bursting with flavor. "They made a big impression on the 5-year-old," says Cochran, California's first commercial organic strawberry grower and owner of Swanton Berry Farm, near Santa Cruz, California.

STRAWBERRY SEASON on the central California coast starts in early May. If you can't make it to Swanton Berry Farm, *pickyourown.org* lists farms around the country and what's ripe for picking.

As Cochran—now 64—grew older, those succulent strawberries became harder to find, replaced everywhere with berries that fared well in commercial growing and shipping but had none of the flavor of the berries his grandmother served him. "It was the advent of the cardboard strawberry," he says. To find the luscious strawberries he craved, he had to grow his own.

Today, if you visit the Swanton Berry Farm—a gorgeous 40 acres along a rugged stretch of the Santa Cruz coast—you can see why Cochran's berries are different. Row upon row of little white-flowered plants sit widely spaced in rich dark earth, warmed by the California sun, cooled by the Pacific breeze. Instead of the big Seascape type most often found in stores, Cochran grows Chandlers, which are smaller and more intensely flavored. "People confuse sweetness with flavor," Cochran says. "If you have a big, fat strawberry, it may be sweet, but it doesn't taste all that much like a strawberry." Aroma is a clue to how delicious a strawberry will be: a flavorful berry has a sweet, fruity, distinctly strawberry scent.

"People confuse sweetness with flavor. If you have a big, fat strawberry, it may be sweet, but it doesn't taste all that much like a strawberry."

There's another difference here, though, which you can't see: unlike the majority of commercial berry farms, Cochran's is organic and has been for 30 years. When he was just starting out, Cochran worked on a farm that, like most, treated the berries with pesticides and fumigants, such as methyl bromide and methyl iodide. The wisdom at the time was that it wasn't possible to grow strawberries on a commercial scale without chemicals, because they're a finicky crop, prone to soil diseases, mold and other maladies.

One morning, Cochran was standing in the middle of the field at dawn, wondering whether the crop duster had come, when the sun's light and warmth activated the recently applied pesticide—an organophosphate—creating a toxic cloud that caused him to become temporarily sick, shaky and short of breath. At that moment, he realized that chemical pesticides and fumigants posed too great a health risk to the environment and to the people working in the fields, and resolved to go organic.

Cochran started his own farm, leasing the land and building a small, simple cabin to live in so he could devote his time and money to the berries and other fruit. He began by experimenting with techniques to control weeds and pests, rotating crops to add nutrients to the soil, trying different composts and planting methods, and spacing the strawberries out so they got more air and less mold. Eventually, he was able to grow big crops of organic berries with only about 20 percent less yield than conventional ones. For 25 years now, Cochran has proven to the $2.3 billion

(continued on page 57)

FOOD STYLIST: KAREN GILLINGHAM; PROP STYLIST: JENNIFER BARGUIARENA

Fresh pureed strawberries are the base of this tangy vinaigrette flecked with tarragon and spring onions or scallions.

Arugula & Feta Salad with Strawberry Vinaigrette

how

Makes: 6 servings, about 1⅓ cups each
Active time: 20 minutes
Total: 20 minutes

Fresh strawberries are often not the sweetest. Those early berries with a little more pucker are wonderfully suited to salads and vinaigrettes as we use them here.

- 2 cups strawberries, hulled, divided
- 1 spring onion *or* scallion, trimmed
- 1 small clove garlic, minced
- 2 tablespoons seasoned rice vinegar
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon chopped fresh tarragon *or* 1 teaspoon dried
- ½ teaspoon whole-grain mustard
- ⅛ teaspoon salt
- ⅛ teaspoon freshly ground pepper
- ½-1 teaspoon agave nectar *or* sugar (optional)
- 10 cups arugula (about 5 ounces), trimmed if necessary
- ¾ cup crumbled feta cheese

1. Puree 4 strawberries and onion (or scallion) in a small food processor or blender until chopped. Add garlic, vinegar, oil, tarragon, mustard, salt and pepper; pulse until well combined. Taste and add a little agave (or sugar) if the dressing is too tart.
2. Toss arugula and feta in a large bowl. Slice the remaining strawberries and add to the bowl. Toss the salad with the dressing.

Per serving: 118 calories; 9 g fat (3 g sat, 5 g mono); 17 mg cholesterol; 7 g carbohydrate; 1 g added sugars; 4 g protein; 1 g fiber; 326 mg sodium; 153 mg potassium. **Nutrition bonus:** Vitamin C (52% daily value).

Strawberry & Blue Cheese Bruschetta

Makes: 1 dozen
Active time: 20 minutes
Total: 20 minutes

California is not only a big strawberry-growing state, it is also home to one of the great American blue cheeses, Point Reyes Blue. That blue has a big, bold, salty, tangy flavor that is wonderful with sweet juicy strawberries. But really any type of blue you like will work here.

- 12 medium strawberries, hulled and sliced
- 1 teaspoon sugar
- ¼ cup (2 ounces) reduced-fat cream cheese (Neufchâtel)
- ¼ cup crumbled blue cheese
- 1-2 teaspoons water, if needed
- 1 tablespoon finely chopped fresh chives, plus more for garnish
- ¼ teaspoon freshly ground pepper
- 12 slices whole-grain baguette (¼ inch thick), warmed or toasted

1. Combine strawberries and sugar in a medium bowl and let stand while you make the cheese spread.
2. Combine cream cheese and blue cheese in a small bowl using a fork. Add water, if necessary, for a thick but spreadable consistency. Stir in 1 tablespoon chives and pepper.
3. Spread about 1 teaspoon of the cheese mixture on each piece of baguette. Top with the sliced berries. Garnish with a sprinkle of chives, if desired.

Per piece: 66 calories; 2 g fat (1 g sat, 0 g mono); 5 mg cholesterol; 10 g carbohydrate; 1 g added sugars; 2 g protein; 1 g fiber; 139 mg sodium; 33 mg potassium.

Blue cheese makes an unexpected but utterly delicious match with strawberries in this bruschetta.

(continued from page 54)

California strawberry industry—which grows 88 percent of the strawberries in the country—that it's not only possible to grow organic strawberries on a large scale, but that it can be economically viable too.

That's important, because most conventional farmers still say they need to use chemicals, particularly methyl bromide, to stay in business. The fumigant, which sterilizes soil to control weeds and diseases, was supposed to be phased out under the Clean Air Act by 2005, because it depletes the ozone layer. (The common alternative, methyl iodide, was pulled from production by its manufacturer last summer and banned by the EPA in December. A carcinogenic, it can affect the brain and nervous system of anyone exposed to it.) But methyl bromide is still used by most strawberry farmers under "critical use" extensions from the EPA, granted on the basis of industry claims that there are no technically and economically feasible alternatives to the chemical. Jim Cochran has proved them wrong: it's "surprisingly easier" than many farmers claim, he says, to grow strawberries without chemicals. He believes there's no need to be poisoning the air, water and workers with harmful chemicals to have a profitable berry business. These days, more strawberry growers are following suit, but still only about 4 percent of commercial berries are organic.

Aside from the impact on the environment, experts say that strawberries are one of the fruits and vegetables that are highest in chemical residues. Gina Solomon, senior scientist and public health expert at the National Resources Defense Council, says that strawberries are treated with a number of fungicides that have been proven to be carcinogenic or toxic. "To scrub off the toxic chemicals on a conventional strawberry, you'd have to scrub until there was no strawberry left," she says.

WIDE ROWS OF BERRIES grow well here in rich, composted soil. Jim Cochran's commitment to sustainability earned him the 2011 Green Growing Award from the Natural Resources Defense Council

At the Swanton pick-your-own fields—marked by a vintage pickup truck with a bright strawberry sign—there's no scrubbing. Kids, fingers stained red, pop bright berries into their mouths as fast as they go into the baskets. Inside the farmstand, visitors gather at blue picnic tables, sampling strawberry shortcakes, pies and preserves or eating the little jewels plain.

Cochran surveys the scene and smiles. "Have some shortcake," he tells a visitor, offering a flaky biscuit with glistening berries and a froth of real whipped cream. Cochran says shortcake is his favorite way to eat strawberries. He looks forward to it every season; by midwinter he's almost dreaming of it. Then, finally, in spring, he gets his first bowl of deep red, freshly picked strawberries, tasting the way strawberries should: an intense flavor that always takes him right back to his grandmother's garden.

LAURA FRASER *is an award-winning writer and author of the memoirs* An Italian Affair *and* All Over the Map.

Strawberry Chile Martini

Makes: 2 servings, scant ½ cup each
Active time: 10 minutes
Total: 10 minutes

This beautiful pink cocktail is an irresistible combination of sweet and spicy.

- 6 ripe strawberries, hulled, plus more for garnish
- 2 slices fresh jalapeño, plus more for garnish
- ½ lime, cut into wedges
- 3 ounces vodka, gin *or* tequila
- 1 ounce Grand Marnier
- 1 tablespoon agave nectar *or* simple syrup, or to taste
- Ice cubes

Using a "muddling" stick or small wooden spoon, mash strawberries, jalapeño and lime in a cocktail shaker until the berries are broken down. Add liquor, Grand Marnier and agave (or simple syrup). Fill the shaker with ice; shake well. Taste and add more jalapeño and/or agave, if desired. Strain into 2 martini glasses. Garnish with a strawberry and a jalapeño slice.

Per serving: 193 calories; 0 g fat (0 g sat, 0 g mono); 0 mg cholesterol; 18 g carbohydrate; 14 g added sugars; 0 g protein; 1 g fiber; 2 mg sodium; 73 mg potassium. **Nutrition bonus:** Vitamin C (43% daily value).

Luscious Strawberry Shortcake Find a delicious lighter recipe for Strawberry Shortcake at eatingwell.com/go/strawberries

What Can Strawberries *Do for You?*

"Eat your strawberries!" certainly isn't invoked as often as "Eat your spinach!" But it turns out that in addition to being juicy and delicious, strawberries may rival spinach—and most other foods—in health benefits. Here's what these mighty little berries can do.

By Anne Bliss

Protect Your Heart

A Harvard study published in January links eating berries to a lower risk of heart attacks among younger women. The study followed women 25 to 42 who ate more than 3 (½-cup) servings of strawberries and/or blueberries each week over an 18-year span. The findings? These women had a 34 percent reduced risk of heart attack compared to those who ate less than one serving per week. Researchers point to the berries' anthocyanin content as the protective factor. Tip for picking: The reddest berries have the most anthocyanins.

Keep Teeth Healthy

Strawberries are the third-best food source of polyphenols (behind only coffee and olives), according to a 2009 *Journal of Dentistry* review. That's good news since researchers believe these compounds inhibit the breakdown of starches in the mouth (thus limiting the resulting sticky sugars that adhere to teeth as plaque) and also fight the bacteria that contribute to tooth decay and gum disease. Scrubbing your teeth with strawberries *will* whiten them, but because the berries are so acidic, dentists warn that using this home remedy frequently could damage the enamel.

Deliver Your Vitamins

One cup of sliced strawberries provides 163% of your daily dose of vitamin C (more than a whole orange) and 12% Daily Value (DV) of fiber, as well as 9% DV of the B vitamin folate, all for a mere 46 calories. Store berries whole in the refrigerator so they retain the most vitamins or look for berries that have been frozen whole, which preserves more nutrients than slicing or crushing before freezing.

Quell Sugar Spikes

In a recent Finnish study, when healthy women ate white bread with strawberries, their glycemic response to the bread improved by 36 percent over that of subjects who ate just the bread. Researchers explain that components in the strawberries (polyphenols again!) slow the breakdown and absorption of carbs, decreasing the need for insulin to maintain normal blood glucose. And, in another recent study published in the *British Journal of Nutrition*, when overweight adults consumed either a strawberry beverage or a placebo in combination with a high-carbohydrate meal, the strawberry drinkers showed a significant decrease in the potentially damaging inflammation that typically follows a high-carb meal.

Inhibit Cancer

Research increasingly points to strawberries as an anti-cancer powerhouse, though studies to date have mostly examined strawberry extracts and powders. A study published in November in the *International Journal of Cancer* showed that strawberry extracts inhibited the growth of lung tumors in mice exposed to cigarette smoke, and a 2012 Chinese clinical trial demonstrated that freeze-dried strawberry powder has potential for preventing esophageal cancer. Strawberries have also been found to be protective against other cancers, including oral, breast and cervical.

Herb-Crusted Chicken with Fresh Strawberry Relish

how to

Makes: 4 servings, 1-2 pieces chicken & about ⅓ cup relish each
Active time: 30 minutes **Total:** 1¼ hours
Cost per serving: under $2

This roasted chicken with fresh strawberry relish couldn't be easier to make. The relish, made with strawberries, lime zest, sugar and vinegar, is tart, sweet and fruity and it looks beautiful.

- 4 large or 8 small bone-in chicken thighs (about 2 pounds), skin removed, trimmed
- 1 tablespoon extra-virgin olive oil
- 3 tablespoons chopped fresh oregano
- 2½ tablespoons chopped fresh chives, divided
- ½ teaspoon salt plus a pinch, divided
- ¼ teaspoon freshly ground pepper plus a pinch, divided
- 2 cups strawberries, hulled and chopped
- 2 teaspoons freshly grated lime zest
- 1 teaspoon sugar, or to taste
- 1 teaspoon balsamic vinegar, or more to taste

1. Preheat oven to 375°F.
2. Combine chicken in a bowl with oil, oregano, 1 tablespoon chives, ½ teaspoon salt and ¼ teaspoon pepper. Place in a small-to-medium roasting pan.
3. Roast the chicken until an instant-read thermometer inserted into the thickest part without touching bone registers 165°F, 35 to 45 minutes, depending on the size of the thighs.
4. Meanwhile, combine strawberries, lime zest, sugar, vinegar, the remaining 1½ tablespoons chives and the remaining pinch of salt and pepper in a bowl. Let stand at room temperature until the chicken is done.
5. Just before serving, taste the strawberry relish and adjust the amount of sugar, vinegar and/or salt. Serve the chicken with the relish.

Per serving: 173 calories; 9 g fat (2 g sat, 5 g mono); 49 mg cholesterol; 8 g carbohydrate; 1 g added sugars; 14 g protein; 2 g fiber; 374 mg sodium; 260 mg potassium. **Nutrition bonus:** Vitamin C (78% daily value).

Strawberry-Rhubarb Upside-Down Cake

hot

Makes: 10 servings
Active time: 30 minutes **Total:** 3 hours 20 minutes (including cooling time) **Equipment:** 9-inch round cake pan

Strawberries and rhubarb go so well together, but if you can't find rhubarb, substitute an equal amount of any kind of berry or even fresh figs. This cake still tastes great the next day when the juiciness of the fruit has time to marry with the moist olive oil cake. Serve with a scoop of vanilla Greek yogurt or vanilla ice cream.

- 1 cup sliced fresh rhubarb
- ¾ cup orange juice, preferably fresh-squeezed, divided
- 3 tablespoons granulated sugar
- 2½ cups sliced strawberries
- 3 large eggs
- ⅔ cup extra-virgin olive oil
- ¾ cup packed light brown sugar
- 1 tablespoon freshly grated orange zest
- 2 teaspoons vanilla extract
- 1½ cups white whole-wheat flour *or* all-purpose flour
- 2 teaspoons baking powder
- ½ teaspoon salt

1. Preheat oven to 350°F. Generously coat a 9-inch round cake pan with olive oil.
2. Combine rhubarb, ¼ cup orange juice and granulated sugar in a medium bowl and let stand, mixing occasionally, for 20 minutes. Add strawberries; stir to combine. Spread the fruit mixture in the prepared pan.
3. Whisk eggs, oil, brown sugar, orange zest, vanilla and the remaining ½ cup orange juice in a large bowl. Whisk flour, baking powder and salt in a medium bowl. Gradually stir the dry ingredients into the wet ingredients. Do not overmix. Spoon the cake batter on top of the fruit mixture.
4. Bake until a toothpick inserted in the center of the cake layer comes out dry, 40 to 50 minutes.
5. Run a knife around the outside of the pan and shake it a bit to loosen the bottom. Invert the cake onto a serving plate and remove the pan. Let the cake cool to room temperature before serving, about 2 hours.

Per serving: 321 calories; 17 g fat (3 g sat, 12 g mono); 56 mg cholesterol; 40 g carbohydrate; 20 g added sugars; 5 g protein; 3 g fiber; 241 mg sodium; 205 mg potassium. **Nutrition bonus:** Vitamin C (59% daily value), Iron (17% dv).

Nature's purest ingredients—like whole grains, chia seeds, quinoa, corn, potatoes and expeller-pressed sunflower oil—inspired us to create an array of unique, all-natural snacks. Like us on facebook.com/eatsmartnaturals.

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Vanilla Strawberries with Lemon Ricotta

hff

Makes: 4 servings, ½ cup ricotta & ½ cup berries each
Active time: 20 minutes **Total:** 35 minutes
To make ahead: Prepare Step 1 up to 2 hours ahead.

When strawberries are perfectly ripe, they are so yummy on top of creamy ricotta drizzled with honey. Simple and perfect. This recipe dresses up the basic strawberries and ricotta combination just a bit, but it's still quite unadorned, so make it when you have great berries. Here we call for part-skim ricotta to keep calories and saturated fat in check, but for a real indulgence try it with whole-milk ricotta.

- 1 vanilla bean or 1 teaspoon vanilla extract
- 3 tablespoons honey, or more to taste
- 2 teaspoons lemon juice
- Pinch of salt
- 3 cups strawberries, hulled and quartered
- 2 cups part-skim ricotta cheese
- 2 tablespoons freshly grated lemon zest

1. If using vanilla bean, halve lengthwise. Using the tip of a small sharp knife, scrape the seeds from the pod into a medium bowl. Add honey, lemon juice and salt (and vanilla extract if not using a vanilla bean), whisk until well combined. Add strawberries and stir to combine. Let stand at room temperature for at least 15 minutes and up to 2 hours, stirring occasionally.
2. Just before serving, combine ricotta and lemon zest in another bowl.
3. Taste the strawberry mixture; if it's too tart, add a little more honey. To serve, spoon ½ cup of the ricotta into each of 4 dessert bowls and top each with about ⅓ cup of the strawberries. Serve immediately.

Per serving: 259 calories; 10 g fat (6 g sat, 3 g mono); 38 mg cholesterol; 28 g carbohydrate, 13 g added sugars, 15 g protein; 3 g fiber; 193 mg sodium; 337 mg potassium. **Nutrition bonus:** Vitamin C (114% daily value), Calcium (36% dv).

Sustainable-food advocate, chef and restaurateur **JESSE ZIFF COOL**'s *latest book is* Simply Organic *(Chronicle Books, 2008).*

These ripe berries get luscious and juicy when you combine them with honey, lemon and vanilla bean, then let them rest.

WHOLE GRAINS *Winners*

Last Fall, EatingWell and the Whole Grains Council invited readers to give one of their favorite recipes a healthy makeover using **Lundberg Family Farms® Brown Rice** or **King Arthur® White Whole Wheat Flour**. Our expert panel of *EatingWell* judges selected the two tastiest and most nutritious recipes. Congratulations to our Whole Grains Makeover winners—give their recipes a try; we know you'll love them, too!

Mixed Vegetable Pie with Rice Crust

SUBMITTED BY
Christine Carro
East Greenbush, NY

Ingredients:

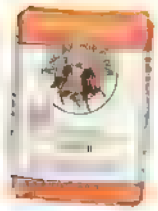
- 2 teaspoons olive oil
- 1 cup onion, thinly sliced
- 1¼ cups cremini mushrooms, thinly sliced
- 2 cloves garlic, finely minced
- 2 5-ounce bags pre-washed baby spinach
- 2 tablespoons freshly grated Parmesan cheese
- Salt & pepper to taste
- 2½ cups cooked **Lundberg Family Farms® Brown Rice**
- 1 large egg or 2 large egg whites
- 2 medium tomatoes, thinly sliced
- 1 cup low-fat Swiss cheese, shredded

Preparation:

1. Preheat oven to 450°F.
2. Heat oil in pan and sauté onion and mushrooms, stirring often, until golden.
3. Add garlic and saute an additional minute.
4. Add spinach and cook until it wilts, about 1 minute. Season with salt and pepper.
5. Remove from heat, stir in 1 tablespoon of the Parmesan cheese, set aside.
6. Lightly coat a 12" pizza pan with cooking spray.
7. Combine cooked rice, egg or egg whites, and remaining 1 tablespoon of Parmesan cheese in bowl. Season with salt and pepper; mix well.
8. Using bottom of 1-cup measuring cup, evenly press rice mixture into bottom of pizza pan. Bake for 10 minutes.
9. Top rice crust with spinach mixture. Distribute tomatoes evenly over top. In one layer, and season with salt and pepper. Bake on top rack of the oven for an additional 10 minutes.
10. Top with shredded cheese and bake for 2 minutes, or until hot and bubbly.

Makes: 4 servings

Crispy Parmesan Crackers



SUBMITTED BY
Pamela Correll
Brockport, PA

Ingredients

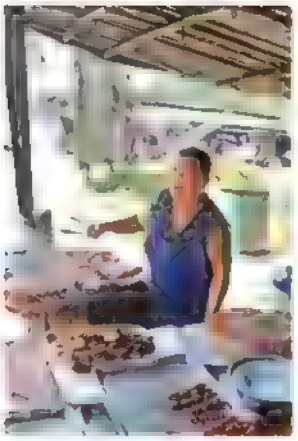
- 2 cups **King Arthur® White Whole Wheat Flour**
- ½ teaspoon salt
- A few grinds of freshly ground black pepper
- ½ cup grated Parmesan cheese and 2 tablespoons set aside
- 1 stick unsalted butter, cold and cut into 8 pieces
- ½ cup milk (not skim)
- 2 tablespoons coarse sea salt flakes
- Optional: 1 teaspoon of basil or rosemary

Preparation:

1. Preheat oven to 400°F.
2. In large bowl, combine flour, salt and cheese. Cut in butter using a pastry blender or 2 knives. Mixture should look crumbly with no large chunks of butter remaining.
3. Stir in milk to make a mixture that holds together, but is not sticky.
4. Turn dough out onto a lightly floured surface and knead for 1 minute to pull it together. Add additional flour by the teaspoon if dough is sticky.
5. Divide dough into 3 equal portions.
6. On parchment paper or aluminum foil cut to fit baking sheet, roll out 1 piece of dough to ⅛" thickness. Use additional flour to keep dough from sticking to rolling pin. Score dough into 1" squares.
7. Transfer [illegible] parchment paper to baking sheet [illegible]
8. Bake [illegible] golden brown. Cool completely.
9. Break crackers apart along scored lines. Store in airtight container.

Thai dishes, whether grilled kebabs sold on the street or steaming bowls of curry, masterfully balance bold tastes, varied ingredients and mouth-watering aromas.

Tha Red Curry with Vegetables



thai tonight

Making outstanding Thai dishes at home is a snap with these simple recipes and our list of easy-to-find essential ingredients

Each time I return to Chiang Mai my ritual is the same. I head down my lane to a small cart run by a shy Thai woman who cooks the food before dawn in her small wooden house, then sets up her cart opposite it. I lift the lids of her metal pots one by one, peer inside and breathe deeply. Usually there's a green or red curry with chicken that has the sweet scent of coconut milk and the enticing anise-bite of Thai basil and green chiles. Then there's a vegetable curry, made with pumpkin and eggplant, a fish curry wafting lemongrass, and stir-fried greens. Of course there is a huge pot of jasmine rice.

After a few bites of spicy red curry and lightly cooked, brilliant greens, my jet lag is forgotten and I am anchored back in Thailand.

By Naomi Duguid

FOOD PHOTOGRAPHY BY ANDREW SCRIVANI

The scent of food abounds at every turn in Thailand—it's on the street, in boats, in carts and wafting out of kitchens. Thai dishes are striking in their balance of sour, sweet, salty and spicy and their generous use of fresh herbs. Like other Southeast Asian cuisines, you can see the influence of China in its noodle dishes and wok cooking. With several major rivers, including the Mekong, and miles of coast, fish and seafood are served often. Meat, as in many Asian countries, is used more sparingly. The fertile plains of central Thailand are blanketed in rice paddies, and rice is a mainstay at meals.

As a culinary and travel writer, I've been visiting Thailand for 25 years and I spend a chunk of the winter each year in Chiang Mai in the mountainous north. But my home base is Toronto. There, Thai restaurants are everywhere. But I'd rather cook homemade Thai food than eat takeout. It's fresher-tasting, I can use good-quality ingredients, add extra vegetables and control the amount of added sugar and sodium. But one of the main reasons I cook Thai at home is that lots of the dishes are quick and easy, especially when you keep a few essential ingredients on hand. (See my list of 10 essentials on page 74.)

It's so simple, in fact, that even my university-age kids, whose cooking style tends toward pasta topped with jarred sauce, make Thai curries. When my younger son, Tashi, cooks supper, he loves to make red curry. He puts on a pot of rice, then starts frying a spoonful of store-bought curry paste in a little oil and coconut milk. When it's aromatic, he adds one or two of his favorite orange veggies like carrots or sweet potatoes. He pours in water and simmers until tender, splashing in a little more coconut milk partway through. To finish, he seasons it with fish sauce and fresh basil. In just 30 minutes he has a meal for a crowd.

Tashi's curries are utterly delicious, though he's never put out such a spread as that on my neighbor's cart in Chiang Mai. But it doesn't matter. When my Toronto kitchen is filled with the floral notes of jasmine rice bubbling on the stove, the chile-and-aromatics of sizzling curry paste, the bite of Thai basil, I can close my eyes and almost feel the soft air and golden light of Thailand. ■

Thai Red Curry with Vegetables

how

Makes: 4 servings, about 1⅓ cups each
Active time: 30 minutes
Total: 30 minutes
Cost per serving: under $3.50

[illegible]

- 1 14-ounce can "lite" coconut milk, divided
- 2 tablespoons Thai red curry paste (*see page 74*), or to taste
- 1 pound sweet potatoes, peeled and cut into 1½-inch cubes
- [illegible] cups water
- 1 bunch asparagus, trimmed and cut into 2-inch lengths
- [illegible] fresh cayenne chiles *or* bird chiles (*see page 74*), cut into long strips (optional)
- 2 whole lime leaves (fresh *or* frozen; *see page 74*) *or* 2 teaspoons lime zest
- 2 cups coarsely chopped dandelion greens *or* arugula
- ½ cup fresh basil leaves, preferably Thai basil (*see page 74*)
- 1 tablespoon Thai fish sauce (*see page 74*)

1. Heat a wide heavy pot over medium-high heat. Add about 2 tablespoons coconut milk and curry paste, stirring to dissolve it. Cook, stirring, until aromatic, 30 seconds to 1 minute. Add 1 cup of the coconut milk and cook for 1 minute, then add sweet potatoes. Stir to coat the pieces and cook, stirring frequently, for 3 minutes more.
2. Add water and bring to a boil. Cook until the sweet potatoes are almost cooked through, about 5 minutes. Add the remaining coconut milk, asparagus, chiles (if using) and lime leaves (or lime zest); cook for 1 minute. Stir in dandelion greens (or arugula), basil and fish sauce until well combined. Continue cooking until the asparagus is just tender, 1 to 2 minutes more. Remove lime leaves, if necessary, before serving.

Per serving: 180 calories; 7 g fat (5 g sat, 0 g mono); 0 mg cholesterol; 25 g carbohydrate; 0 g added sugars, 5 g protein, 4 g fiber; 506 mg sodium; 433 mg potassium.
Nutrition bonus: Vitamin A (333% daily value), Vitamin C (52% dv), Folate (25% dv).

CARSTEN SYTHOFF/NATIONAL GEOGRAPHIC/GETTY IMAGES; NAOMI [illegible] BORDER ©JUANYONG SHUTTERSTOCK

Rice is the major export crop n Thailand But visit a floating market (*opposite*) and you ll see a wealth of other loca ingredients from citrus to fresh herbs to the fiery chiles that make their way into all sorts of d shes.

Fish Sauce with Chiles

Makes: 1 generous cup
Active time: 5 minutes **Total:** 5 minutes
To make ahead: Refrigerate in an air-tight jar for up to 1 month.

Downright addictive, this condiment marries pungent fish sauce with the fire of chiles. Try it in place of plain fish sauce. Use sparingly—it's high in sodium.

You can use this sauce immediately, but it will be very hot. As it settles over the following days it will gradually get a little milder.

¾ cup fresh bird chiles (*see page 74*) *or* serrano chiles, stemmed
1 cup Thai fish sauce (*see page 74*)

Chop or mince chiles with a knife or in a food processor. Be careful: you may want to wear gloves, because these chiles are hot. Wash your hands after handling them. Transfer the chiles to a jar with a tight-fitting lid. Add fish sauce, cover and shake to mix well. Store in the refrigerator.

Per teaspoon: 7 calories; 0 g fat (0 g sat, 0 g mono); 0 mg cholesterol; 1 g carbohydrate; 0 g added sugars; 1 g protein; 0 g fiber; 397 mg sodium; 2 mg potassium.

Thai Fried Rice

h×w hwh

Makes: 4 servings, about 1¼ cups each
Active time: 35 minutes **Total:** 1¾ hours
To make ahead: Prepare rice (Step 1), cover and refrigerate for up to 2 days.
Cost per serving: under $2

[illegible]

- 1¼ cups brown *or* white jasmine rice
- Water (2½ *or* 2 cups)
- 8 ounces boneless pork chop (about 1 chop), trimmed
- 3 tablespoons peanut oil *or* canola oil, divided
- 2 tablespoons minced garlic
- 2 cups chopped mushrooms
- 2 scallions, cut into ½-inch pieces
- 2 tablespoons Thai fish sauce (*see page 74*)
- ½ cup whole cilantro leaves
- 1 lime, cut into wedges
- ½ medium cucumber, sliced

1. Combine rice and water (2½ cups for brown rice; 2 cups for white rice) in a medium saucepan with a tight-fitting lid; bring to a boil. Cover, reduce heat to maintain a gentle simmer and cook until the rice is tender and the water is absorbed (40 to 45 minutes for brown rice; 20 minutes for white). Remove from heat and let stand, covered, for 10 minutes. Fluff with a fork, spread the rice on a large baking sheet and let cool at least 15 minutes.
2. Thinly slice pork chop crosswise, then cut each slice into long, thin strips about the width of a matchstick. Place a large flat-bottom carbon-steel wok over high heat. Add 2 tablespoons oil and swirl to coat the pan, add garlic. Cook, stirring, until just starting to change color, about 20 seconds. Add the pork and cook, stirring, until it is no longer pink, about 2 minutes. Remove the pork with a slotted spoon to a clean plate. Add the remaining 1 tablespoon oil to the wok. Add mushrooms and cook, stirring, until they soften, 2 to 3 minutes.
3. Sprinkle in the cooked rice and stir-fry, tossing and then pressing it against the hot wok, then tossing and pressing again, until all the rice has been exposed to the hot wok, about 1 minute. Add scallions, fish sauce and the cooked pork and cook, stirring, for 30 seconds.
4. Transfer the fried rice to a platter. Garnish with cilantro leaves, lime wedges and cucumber slices.

Per serving: 407 calories; 15 g fat (3 g sat, 6 g mono); 33 mg cholesterol; 50 g carbohydrate; 0 g added sugars; 18 g protein; 4 g fiber; 636 mg sodium; 425 mg potassium.
Nutrition bonus: Magnesium (26% daily value), Zinc (16% dv).

FOOD STYLIST FLORA KAY; PROP STYLIST JEONG KIM

Thai Grilled Chicken with Sweet & Spicy Dipping Sauce

h•w h•h

Makes: 6 servings, 2 pieces chicken & about 1½ Tbsp. sauce each
Active time: 40 minutes **Total:** 1½ hours
To make ahead: Prepare sauce (Step 3) and hold at room temperature for up to 4 hours.
Cost per serving: under $2

[illegible]

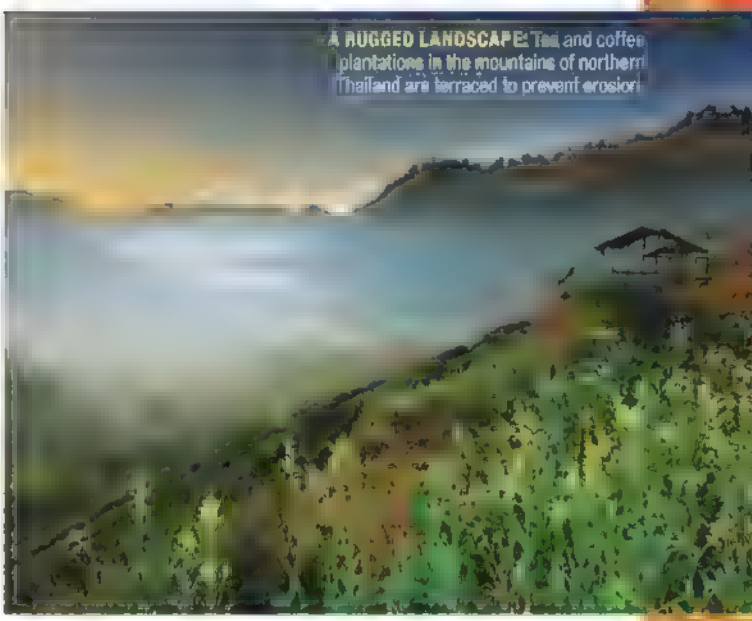
Chicken
- 3 medium cloves garlic
- 2 teaspoons whole black peppercorns, coarsely ground
- 2 tablespoons minced cilantro stems
- Pinch of salt
- 2 tablespoons Thai fish sauce (*see page 74*)
- ½ cup "lite" coconut milk
- 4 pounds bone-in chicken drumsticks and thighs (about 12 pieces), skin removed, trimmed

Dipping Sauce
- ½ cup rice vinegar *or* cider vinegar
- ½ cup sugar
- 1 teaspoon crushed red pepper
- 1 teaspoon minced garlic
- ¼ teaspoon salt

1. **To prepare chicken:** Combine garlic cloves, pepper, cilantro stems and pinch of salt in a large mortar (*see page 102*), food processor or food mill and mash or pulse to a coarse paste. Transfer to a large bowl; stir in fish sauce and coconut milk. Add chicken and stir to coat with the marinade. Refrigerate, loosely covered, for at least 30 minutes and up to 1 hour.
2. Preheat grill to medium. (*No grill? See broiler variation, below.*)
3. **To prepare sauce:** Heat vinegar to a boil in a small nonreactive pan. Add sugar, stir to dissolve it, then reduce heat and simmer for 3 to 4 minutes. Add crushed red pepper and minced garlic; simmer for 1 minute more. Remove from the heat and stir in salt. Pour into a serving bowl and let cool to room temperature before serving.
4. Remove the chicken from the marinade. (Discard marinade.) Oil the grill rack (*see Tip, page 102*). Grill, turning occasionally, until golden brown and an instant-read thermometer inserted into the thickest part without touching bone registers 165°F, 15 to 20 minutes.
5. Serve the chicken with the dipping sauce.

Per serving: 269 calories; 9 g fat (3 g sat, 3 g mono); 90 mg cholesterol; 19 g carbohydrate; 17 g added sugars; 27 g protein; 0 g fiber; 469 mg sodium; 252 mg potassium. **Nutrition bonus:** Zinc (19% daily value).

BROILER VARIATION: Preheat broiler to high. Place chicken in a roasting pan and broil about 5 inches from the heat, leaving the oven door ajar. Check after 8 minutes or so; the chicken pieces should be browning. Turn them over and cook until an instant-read thermometer inserted into the thickest part without touching bone registers 165°F, about 8 minutes more.



A RUGGED LANDSCAPE: Tea and coffee plantations in the mountains of northern Thailand are terraced to prevent erosion.

Grilled Eggplant Salsa

h*w h*h

Makes: 2 cups
Active time: 30 minutes **Total:** 40 minutes
To make ahead: Cover and refrigerate for up to 1 day

[illegible]

- 6 large cloves garlic, unpeeled
- 4 whole shallots, unpeeled
- 3 Asian eggplants (about 1 pound total), left whole, *or* one 1-pound eggplant, halved
- 1-2 fresh bird chiles (*see page 74*) *or* cayenne chiles, minced
- 2 tablespoons Thai fish sauce (*see page 74*)
- ¼ cup fresh cilantro leaves *or* chopped fresh mint

1. Preheat grill to medium or preheat broiler to high.
2. If grilling, skewer garlic. Place the garlic, whole shallots and eggplants on the grill rack. Grill, turning as necessary to expose all sides to the heat, until very soft: about 6 minutes for the garlic, 8 to 10 minutes for the shallots and about 12 minutes for the eggplant. If broiling, place garlic, shallots and eggplants on a lightly oiled baking sheet and broil about 4 inches from the heat; leaving the oven door ajar. Broil, turning a few times, until well softened, 8 to 10 minutes.
3. Set aside until cool enough to handle, about 10 minutes. Peel the garlic and shallots and place in a food processor. Pulse several times to chop, but leave it chunky. Scrape the eggplant flesh from the skin into the food processor. Pulse several more times to combine.
4. Transfer the mixture to a bowl; stir in minced chile and fish sauce. Serve warm or at room temperature, topped with cilantro (or mint).

Per ¼-cup serving: 30 calories; 0 g fat (0 g sat, 0 g mono); 0 mg cholesterol; 6 g carbohydrate; 0 g added sugars, 1 g protein; 2 g fiber; 301 mg sodium; 178 mg potassium.

Thai Grilled Beef Salad

h×w hwh

Makes: 8 servings, about ½ cup steak & ½ cup vegetables each
Active time: 1 hour **Total:** 1 hour
Cost per serving: under $3.50

[illegible] Step 2 [illegible] Serve cucumbers and tomatoes are the [illegible] For the bird's-eye grind the peppers [illegible]

- 2 pounds flank steak or boneless sirloin steak, trimmed
- 3 tablespoons Thai fish sauce (see page 74), divided
- 2 teaspoons coarsely ground pepper
- ½ cup thinly sliced shallots
- 2 tablespoons jasmine rice (white or brown) or sticky rice
- ¼ cup lime juice
- 1-2 fresh bird chiles (see page 74) or cayenne chiles, minced
- 1 small clove garlic, minced
- 1 cup chopped fresh basil, preferably Thai basil (see page 74)
- ½ cup chopped fresh mint
- ½ cup chopped fresh cilantro
- 1 European cucumber, sliced
- 2 tomatoes, cut into wedges

1. Place meat on a large plate or in a wide shallow bowl. Drizzle each side with ½ tablespoon fish sauce and rub it in, then sprinkle with pepper and rub it in. Place shallots in a large bowl and cover with cold water.
2. Preheat grill to medium.
3. While the grill heats, place a small cast-iron or other heavy skillet over medium-high heat and add rice. Toast, stirring frequently, until the rice is very aromatic (white rice starts to turn pale beige), 3 to 5 minutes. Remove from heat and keep stirring until the pan has cooled a little. Transfer the rice to a clean coffee grinder or a mortar (see page 102), let cool slightly, then grind or pound into a fine powder.
4. Grill the steak 2 to 4 minutes per side for medium rare, depending on thickness. Transfer to a plate; let rest for 10 minutes.
5. Drain the shallots and squeeze or pat dry. Return the shallots to the bowl; stir in the remaining 2 tablespoons fish sauce, lime juice, chiles to taste and garlic.
6. Thinly slice the meat across the grain and add to the shallot mixture along with any accumulated juice from the plate. Add basil, mint, cilantro and the toasted rice powder; mix well. Transfer to a large serving platter and garnish with cucumber and tomatoes.

Per serving: 202 calories; 6 g fat (2 g sat, 2 g mono); 70 mg cholesterol; 9 g carbohydrate; 0 g added sugars; 27 g protein; 1 g fiber; 515 mg sodium; 607 mg potassium. **Nutrition bonus:** Zinc (32% daily value), Vitamin A (20% dv), Vitamin C (18% dv), Potassium & Iron (17% dv).

10 essential thai staples

GATHER UP THESE 10 INGREDIENTS AND YOU HAVE THE BASICS FOR COOKING THAI AT HOME EFFORTLESSLY

Thai fish sauce

Known in Thai as *nam pla*, this seasoning is a pungent brine made from fermenting fish with salt. Check the label: it should contain only anchovies, salt and water. It has over 1,000 mg sodium per tablespoon, so use it sparingly.

Curry paste

Though you can make your own, even in Thailand most cooks buy premade curry pastes. Red and green varieties can be found at well-stocked supermarkets. Both have notes of galangal, lemongrass and coriander root. Green is flavored with fresh green chiles and red with dried red chiles.

Vinegar

Along with limes, unseasoned rice vinegar adds sourness to dressings. It's essential in many dipping sauces, including *nam jim* that is served with grilled chicken. Cider vinegar is a good substitute.

Coconut milk

Used in Thai curries, fresh coconut milk is made by rinsing the oils out of coconut flesh with warm water. Canned coconut milk is an easy option and widely available in the Asian section of well-stocked supermarkets. Cut 280 calories and 16 grams of saturated fat per cup by using a "lite" version or dilute regular coconut milk with water.

Rice

Sticky rice, also called glutinous rice, is the staple in north and northeast Thailand. It is eaten out of hand, like a piece of bread. Jasmine rice is grown throughout central Thailand and is a staple in much of the country. For whole-grain rice choose brown jasmine or black sticky rice.

Chiles

Fresh and dried chile peppers provide heat in Thai food. Fresh cayenne chiles are used in curries. Fiery hot Thai "bird" chiles are used in sauces and stir-fries. Refrigerate fresh chiles up to a week or store in the freezer. Or use extra chiles to make spicy fish sauce (see page 69). Use serrano or jalapeño chiles if you can't find bird or cayenne. Dried red chiles are commonly used to make curry paste and add heat to soups and stir-fries.

Black pepper

Black peppercorns were the original source of heat in Thai food before the arrival of chiles from the Americas in the 16th century. They're part of traditional marinades for grilled chicken and grilled beef.

Limes

Lime juice gives a tart lift to grilled meats, salads and fried rice. Lime leaves are often used in Thai cooking, but if they're hard to find use freshly grated lime zest to give a similar floral, citrusy aroma to curries and soups.

Shallots and garlic

Grilled shallots are chopped and added to vegetable salsas like Grilled Eggplant Salsa (page 72). For a little crunch and bite, thinly sliced shallots appear in Thai *yam* (salads) of all kinds. Garlic is crushed or minced and then tossed into hot oil as a flavoring.

[illegible]

it if you can find it, otherwise substitute regular peanuts.

Black Sticky Rice

h•w h•h

Makes: 3 cups
Active time: 10 minutes **Total:** 1 hour 5 minutes **To make ahead:** Refrigerate for up to 2 days; reheat in the microwave.

[illegible]

1 cup black sticky rice (see opposite)
2¼ cups water

1. Wash rice well in several changes of cold water. Drain well. Place in a large heavy saucepan with a tight-fitting lid. Add water; bring to a vigorous boil over high heat. Cover, reduce heat to maintain a gentle simmer and cook until the rice is tender (but still a little chewy in the center) and the liquid is absorbed, 45 to 50 minutes.
2. Remove from heat; let stand, covered, for 10 minutes. Gently stir and serve.

Per ½-cup serving: 107 calories; 1 g fat (0 g sat, 0 g mono); 0 mg cholesterol; 23 g carbohydrate; 0 g added sugars; 3 g protein; 1 g fiber; 3 mg sodium; 1 mg potassium.

NAOMI DUGUID's *book* Burma: Rivers of Flavor *was nominated for two 2013 IACP awards.*

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ENJOY YOUR DAY OF REST
WITH THIS SCRUMPTIOUS
MAKE-AHEAD BRUNCH

Easy Sunday Mornings

RECIPES BY JULEE ROSSO

Food Photography by Helen Norman

Location Photography by Brad Ziegler

Lunch is a useful social device and a tempting festival compelling hosts to make special efforts to please. Lunch is often satisfactorily informal and sometimes delightful. It sweeps away the worries and ritual of the rest of the week.

—British author Guy Beringer, who coined the term "brunch"

This time of year there's always a reason—whether Mother's or Father's Day, showers, graduations, you name it—to get together for that ultimate convivial weekend meal, brunch. So removed from the frenzy and formality of the dinner party, brunch has a laid-back, "I've got the whole afternoon ahead of me" feel. With brunch, the entire family, kids and grandkids included, can come, since it's never bumping into anyone's bedtime. And when you plan and make the meal ahead, you too can enjoy the party.

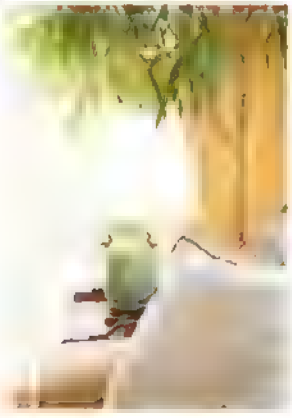
No one knows brunch better than Julee Rosso. She's the co-author of the beloved *Silver Palate Cookbook*, which is on so many of our shelves, dog-eared and stained. For the last 22 years, Rosso and her husband, Bill, have owned the elegant Wickwood Inn in Saugatuck, Michigan. In the morning, Wickwood guests are gently enticed from their fluffy comforters by the scents of brewing

coffee and the cinnamon and vanilla of fresh-baked pastries. "Guests want to indulge at brunch. They love the variety, the lushness and abundance. And they especially love the berry salad!" says Rosso. Her secret to making it easy: "We prep as much as possible the day before. We make sausage patties, sauté onions, grate cheese and cut up strawberries so they can release their juices."

For this brunch, Rosso adapted favorites from her inn and gave us tips on how to get it all done ahead of time. One of Rosso's tricks for a successful party is "Always greet your guests with a drink." So you'll start the meal by toasting with sunrise-colored Bellinis. Move on to Rosso's Very Berry Fruit Salad, then little sausage patties dressed up with flecks of pistachio and a spring strata loaded with onions, herbs and asparagus. Finally, to finish there's a perfect bite of sweet berry coffee cake with a pecan-sugar-crumb topping. If only every day started this way ...

—Jesse Price

Wickwood guests are gently enticed from their fluffy comforters by the scents of brewing



HOST A GREAT BRUNCH Julee Rosso (*above*) jokes that she bought an inn to have space for her ever-growing collection of art, furniture and decorations. She says as long as you like all the things you collect they'll work together. When it comes to a party, she believes it's the small touches that make it festive: "Decorate with something edible and beautiful, like the berry salad. Or little bouquets of spring flowers. Or even wheat grass. It always looks fresh."

coffee and the cinnamon and vanilla of fresh baked pastries.

Very Berry Fruit Salad

how to

Makes: 8 servings, 1 cup berries & 2½ Tbsp. sauce each
Active time: 15 minutes **Total:** 3¼ hours

Berry Puree
- 1½ cups fresh raspberries
- 1 cup hulled and quartered fresh ripe strawberries
- ⅓ cup fresh orange juice
- 2 tablespoons fresh lemon juice
- ¼-⅓ cup sugar

Lemon Sauce
- ¼ cup prepared lemon curd (*see Tip, page 82*)
- 1 cup reduced-fat sour cream, crème fraîche *or* plain Greek yogurt

Berries
- 4 cups fresh strawberries
- 3 cups fresh blueberries
- 3 cups fresh blackberries
- Sugar to taste (optional)
- 1½ cups fresh raspberries
- Fresh mint leaves for garnish

1. **To prepare puree:** Puree 1½ cups raspberries, 1 cup strawberries, orange juice and lemon juice in a blender until smooth. Add sugar to taste. Set aside at room temperature for up to 3 hours or cover and refrigerate.
2. **To prepare sauce:** Place lemon curd in a medium bowl and gradually stir in sour cream (or crème fraîche or yogurt). Transfer to a serving dish, cover and refrigerate until ready to serve
3. **To prepare berries:** If refrigerated, remove berries and the berry puree from the refrigerator about 3 hours before serving to bring them to room temperature. (Room-temperature berries

and puree have the best flavor.) About 1 hour before serving, hull and quarter the strawberries and combine with the blueberries and blackberries in a large mixing bowl. Toss with the puree. Adjust the sweetness if necessary by gradually adding sugar to taste, 1 tablespoon at a time. Cover and let stand at room temperature.

4. Just before serving, add the raspberries to the bowl, tossing very gently with two spoons and being careful not to break up the berries. Transfer to a serving dish, if desired, and garnish with mint. Serve each portion of berries topped with about 2½ tablespoons of the lemon sauce.

Per serving: 208 calories; 6 g fat (3 g sat, 1 g mono); 12 mg cholesterol; 35 g carbohydrate; 7 g added sugars; 4 g protein; 9 g fiber; 17 mg sodium; 403 mg potassium. **Nutrition bonus:** Vitamin C (148% daily value).

TIP: *Look for prepared lemon curd—a custardy spread—near the jams in well-stocked supermarkets or specialty-foods stores. Try leftover curd on toasted baguette. Alternatively, omit Step 2 and use lemon-flavored Greek yogurt to top the berry salad.*

Sunrise Bellini

Makes: 8 servings, about 1 cup each
Active time: 15 minutes **Total:** 1¼ hours

[illegible]

1 ripe papaya, peeled, halved and seeded
1 cup fresh pineapple chunks
12 fresh raspberries
1 tablespoon lime zest
1 tablespoon fresh mint leaves
2 thin slices peeled fresh ginger (¼ inch)
2 cups fresh tangerine juice (from 6-7 tangerines) *or* orange-tangerine juice
6 ice cubes
Honey to taste (optional)
2 bottles (750-mL) Champagne *or* sparkling wine

Make-Ahead

Make the Bellini mix (Step 1) and refrigerate for up to 1 day or freeze for up to 1 month; thaw overnight in

"Champagne flutes are lovely but you don't need them. Any pretty glass that looks festive is good. Something that's easy to hold and pick up and put down—even an old jelly jar. I'm not big on pretense!" —*Julee Rosso*

1. Puree papaya, pineapple, raspberries, lime zest, mint and ginger in a blender until completely smooth. Add juice and ice and blend until the ice is crushed. If the mixture is too tart for your taste, add 1 tablespoon honey at a time, blending after each addition, until it's as sweet as you like. Refrigerate until chilled, at least 1 hour or up to 1 day.
2. To serve, stir the Bellini mixture and divide among 8 glasses. Very slowly top each drink with wine. Gently stir, if necessary. (You'll have about two-thirds of a bottle remaining; top off drinks as desired.)

Per serving: 142 calories; 0 g fat (0 g sat, 0 g mono), 0 mg cholesterol; 15 g carbohydrate; 0 g added sugars, 1 g protein; 1 g fiber; 5 mg sodium; 212 mg potassium. **Nutrition bonus:** Vitamin C (90% daily value).

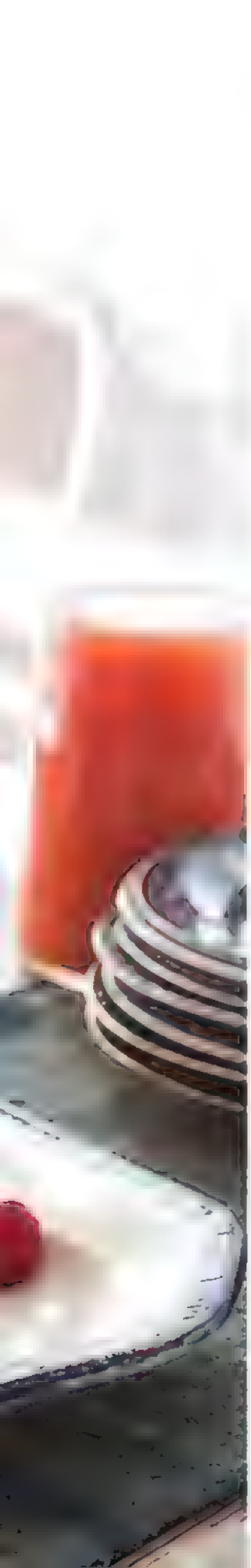
Pistachio Breakfast Sausage Patties

Makes: 8 patties, 2 oz. each
Active time: 35 minutes
Total: 1 hour 35 minutes

- 2 teaspoons fennel seeds
- 8 ounces ground pork breakfast sausage
- 8 ounces ground turkey breast
- 2 cloves garlic, finely minced
- 1 teaspoon coarsely ground pepper
- ⅛ teaspoon cayenne pepper (optional)
- ½ cup coarsely chopped unsalted pistachios
- ½ cup finely minced flat-leaf parsley

1. Grind fennel seeds in a spice grinder or with a mortar and pestle (*see page 102*) until finely ground.
2. Place pork and turkey in a large bowl. Sprinkle with the fennel, garlic, pepper and cayenne (if using) and combine using your hands or a spoon. Add pistachios and parsley; mix just until evenly incorporated. With dampened hands, form eight 3-inch patties using a generous ¼ cup each. Place on a baking sheet or large plate. Cover and refrigerate for at least 1 hour and up to 1 day.
3. When ready to cook, cover a large plate with paper towels and line a baking sheet with foil. Preheat oven to 300°F.
4. Cook patties in a large nonstick skillet over medium heat, turning once, until nicely brown on both sides and no longer pink in the middle, 5 to 9 minutes per side. Transfer to the prepared plate to drain briefly, then place on the prepared baking sheet and transfer to the oven to keep warm until ready to serve. (Don't keep in the oven for longer than 30 minutes, or they'll dry out.)

Per patty: 132 calories; 9 g fat (2 g sat, 4 g mono); 24 mg cholesterol; 4 g carbohydrate; 0 g added sugars; 10 g protein; 1 g fiber; 198 mg sodium; 217 mg potassium.



Make-Ahead

Prepare egg mixture (through Step 1) and vegetables (Steps 3-5) for this strata and refrigerate for up to 1 day; remove from the refrigerator about 1 hour before baking (2 hours before serving).

Prosciutto & Asparagus Strata

h*w h*h

Makes: 8 servings
Active time: 1 hour **Total:** 2¼ hours
Cost per serving: under $2

[redacted]

- 2 slices dense multigrain bread
- 12 large eggs
- ½ cup low-fat milk
- ½ cup dry white wine *or* low-fat milk
- 1 tablespoon dry mustard
- 1 teaspoon freshly grated nutmeg
- ¾ teaspoon salt
- 1 teaspoon freshly ground pepper
- 1 tablespoon extra-virgin olive oil
- 3 cups halved and very thinly sliced sweet onions
- 1 cup thinly sliced leek(s), white part only
- 2 cloves garlic, minced
- 1 bunch thin asparagus (about 1 pound), trimmed and cut into 1-inch pieces
- ¼ cup chopped scallions *or* fresh chives
- 3 very thin slices prosciutto (about 1½ ounces), torn into strips
- ½ cup freshly grated Parmigiano-Reggiano cheese, divided
- 2 tablespoons chopped fresh parsley
- 2 tablespoons chopped fresh mint
- 2 tablespoons lemon zest (optional)

1. Cut bread into ¼-inch cubes. Whisk eggs in a large bowl. Whisk in milk, wine (or another ½ cup milk), dry mustard, nutmeg, salt and pepper. Stir in the bread. Let stand at room temperature while you prepare the vegetables. (If baking the next day, cover and refrigerate the egg mixture.)
2. Heat oil in a large skillet over medium heat. Add onions, leek and garlic; cook, stirring frequently, for 5 minutes. Reduce heat to low and continue cooking very gently, stirring occasionally, until the onions have a little color and appear almost melted, 30 to 45 minutes more.
3. Meanwhile, bring 1 inch of water to a boil in a medium skillet. Add asparagus, cover and cook for 2 minutes. Drain and let cool; pat dry.
4. Coat a 9-by-13-inch baking dish (or similar 3-quart dish) with cooking spray.
5. When the onions are done, stir in scallions (or chives) and cook, stirring for 2 minutes. Transfer to the prepared baking dish and spread into an even layer. Sprinkle the asparagus over the onion mixture. (If baking the next day: cover and refrigerate the vegetables in the baking dish.)
6. If the egg mixture and vegetables were refrigerated overnight, remove from the refrigerator, uncover and let stand at room temperature for 1 hour.
7. Preheat oven to 350°F.
8. Scatter strips of prosciutto over the vegetables. Stir ¼ cup cheese, parsley, mint and lemon zest (if using) into the egg mixture until well combined, then pour the egg mixture over the vegetables. Sprinkle the remaining ¼ cup cheese over the top.
9. Bake the strata just until firm to the touch in the middle and an instant-read thermometer inserted into the center registers at least 160°F, 30 to 40 minutes. Remove from the oven, very carefully cover with foil to keep warm and let rest for 20 to 30 minutes before serving.

Per serving: 229 calories; 12 g fat (4 g sat, 5 g mono); 288 mg cholesterol; 12 g carbohydrate; 1 g added sugars; 16 g protein; 2 g fiber; 588 mg sodium; 329 mg potassium. **Nutrition bonus:** Folate (26% daily value), Vitamin A (22% dv), Calcium (16% dv), Vitamin C (15% dv).

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CREST 3D WHITE

Pecan-Berry Coffee Cake

how

Makes: 16 servings, 2-inch squares **Active time:** 30 minutes **Total:** 3½ hours (including cooling time)

This scrumptious coffee cake has a crumbly pecan topping and is speckled with blueberries or raspberries. Your guests will never guess there's apple in the cake: it replaces some of the butter found in most coffee cakes and adds a decidedly sweet taste and moist crumb.

Cake

- 1 cup all-purpose flour or white whole-wheat flour, plus 1½ teaspoons, divided
- 3 tablespoons cornmeal
- 1 teaspoon baking powder
- ½ teaspoon salt
- 3 tablespoons butter, softened
- 3 tablespoons canola oil
- ¾ cup sugar
- 2 large eggs
- ⅓ cup low-fat milk
- 3 tablespoons lemon zest
- 1½ teaspoons vanilla extract
- 1½ cups blueberries *or* raspberries, fresh *or* frozen (not thawed)
- ¾ cup finely chopped peeled apple

Topping

- 2 tablespoons cold butter
- ¼ cup sugar
- 1 cup chopped pecans

1. Preheat oven to 350°F. Line an 8-inch-square pan with foil, leaving an overhang on all sides. Lightly coat the foil with cooking spray.
2. **To prepare cake:** Whisk 1 cup flour, cornmeal, baking powder and salt in a medium bowl. Beat softened butter and oil in a large bowl with an electric mixer on high speed for 2 minutes. Scrape down the sides. Add ¾ cup sugar and beat on medium-high until smooth, about 2 minutes. Add eggs, milk, lemon zest and vanilla and beat on medium-high until smooth, about 1 minute. Scrape down the sides. Add the flour mixture and beat on low speed just until incorporated.
3. Place berries and apple in a small bowl, sprinkle with the remaining 1½ teaspoons flour and toss very gently to coat. Sprinkle the fruit over the batter and very gently fold in until just combined. Scrape the batter into the prepared pan, smoothing the top.
4. **To prepare topping:** Combine cold butter and ¼ cup sugar in a bowl. With two knives or a pastry blender, cut them together until the butter is in small pieces and uniform crumbles form. Add pecans and toss until evenly incorporated. Sprinkle the topping over the batter.
5. Bake the cake until a tester inserted in the center comes out clean and the nuts are a deep brown, 50 to 55 minutes.
6. Let the cake cool in the pan on a wire rack for about 2 hours. Lift it out of the pan, using the edges of the foil, onto a cutting board, and cut into 16 squares. Use a spatula to lift the cake from the foil.

Per serving: 208 calories; 12 g fat (3 g sat, 6 g mono); 33 mg cholesterol, 24 g carbohydrate; 13 g added sugars; 3 g protein; 2 g fiber; 116 mg sodium, 77 mg potassium.

Free Brunch Menu Planner
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JULEE ROSSO *is the co-author of* The Silver Palate Cookbook, *which is in the James Beard Cookbook Hall of Fame. For more on her inn, visit* wickwoodinn.com.

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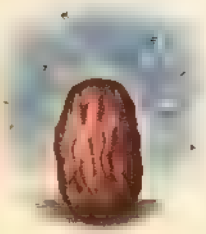

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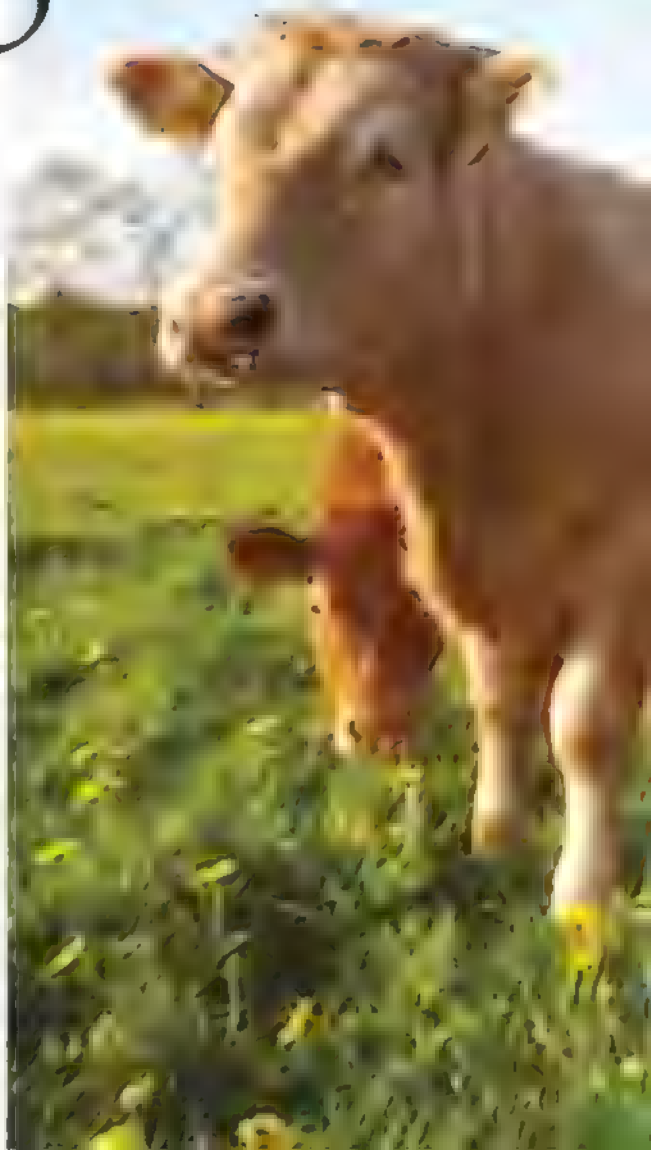
Antibiotics have been the miracles of modern science, helping to prevent disease. But now that these same drugs are being routinely fed to livestock, new antibiotic-resistant superbugs are emerging. They can be deadly.

Growing Resist

By Barry Estabrook



Last fall I flew halfway across the country to go grocery shopping with Everly Macario. We set out from her second-story apartment in Hyde Park near the University of Chicago and walked to the supermarket to buy a couple of rib steaks that Macario planned to serve to her husband and two children, ages 7 and 13. Macario, who is 46, holds a doctorate in public health from Harvard University and has spent decades as a consultant, working to prevent deaths from chronic conditions such as cancer and cardiac disease.

Yet she believes that what she buys —or more accurately, refuses to buy—in the supermarket is the most important action she takes, not only for her family's health but for the health of every person in this country. "I am determined that no product from an animal that has been fed antibiotics will ever enter my home," she said as we walked along the meat counter peering at beef, poultry and pork. "I look for labels that read 'certified organic,' 'no antibiotics' or 'raised without antibiotics.'"

It's not the antibiotics themselves that are troubling: animals pass the drugs through their systems long before they are slaughtered and animal products are tested for traces of antibiotics. What really worries Macario is the increasing wave of antibiotic-resistant bacteria that might be traveling on her food.

Macario has reason to be vigilant. Her 18-month-old son, Simon, died in 2004 from an infection known as methicillin-resistant *Staphylococcus aureus* (or MRSA, pronounced "mersa"). Simon was a husky, happy toddler. On his first birthday, Macario marveled to her husband that the baby had never

ance
80%
of the antibiotics used in the United States are fed to livestock in low doses to help them grow in often-crowded conditions. In much of Europe (where these cows graze free-range) this practice is banned.

HAPPIER PIGS, HEALTHIER FARMERS: A growing number of successful farmers like Sarah Willis don't crowd their hogs or feed them antibiotics. In a recent study, Willis, her daughter and their animals all tested negative for MRSA

PHOTOGRAPH BY JESSICA VAN RANDOW

been sick. Then one morning the boy awoke with, in Macario's words, a "blood-curdling shriek." Rushed to the hospital, Simon was put on a heart-lung machine. "The doctors administered every available antibiotic," she said. "It didn't work. The bacteria were resistant to all of the medication." In less than 24 hours he was dead. "The bacteria released toxins that destroyed his vital organs," Macario said.

No one knows how Simon contracted the bacteria. He had never been to a hospital, once thought to be the primary incubators of MRSA. He had a robust immune system. He wasn't in child care. He had no cuts through which the bacteria could infect him. The germs that killed him were "community-acquired" MRSA-CA, meaning that he came in contact with them through everyday living, as opposed to "hospital-acquired" MRSA, a strain that is associated with medical centers and nursing homes.

While it remains unclear how MRSA infected Simon, what is known is that these antibiotic-resistant bacteria are on the rise. According to the Centers for Disease Control and Prevention, the incidence of MRSA in the United States more than doubled between 1999 and 2005, from 127,000 to 280,000, and MRSA-related deaths rose from 11,200 to 17,200. Perhaps it's no coincidence that while the quantity of antibiotics given to humans has remained stable, the amount fed to livestock has soared. According to Food and Drug Administration records, antibiotic use on farms grew from about 18 million pounds in 1999 to nearly 30 million pounds in 2011.

Today 80 percent of the antibiotics used in the United States are fed to livestock. Theirs is a diet laced with low "subtherapeutic" doses of antibiotics, not to cure illness but to make the animals grow faster and survive cramped living conditions. The low doses kill many bacteria, but some develop mutations that make them immune to the same drugs that once destroyed them.

"It is very hard to prove that a specific antibiotic given to an animal for food production led to the development of a resistant bacterium in a specific patient," said Stuart Levy, M.D., president of the Alliance for the Prudent Use of Antibiotics and a professor at Tufts University School of Medicine. "But it is a truism that antibiotic use leads to resistance, and the more antibiotics you use, the more resistance you get."

By avoiding foods from animals that have been fed antibiotics, Macario

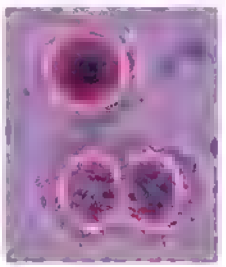
"There is the danger that the **ignorant man** may easily underdose himself and by exposing his microbes to non-lethal quantities of the drug make them resistant."

—SIR ALEXANDER FLEMING
ON ACCEPTING THE 1945 NOBEL PRIZE IN MEDICINE FOR THE DISCOVERY OF PENICILLIN

believes she is doing more than just protecting her family from direct exposure to these "superbugs." She is attacking the plague at its source.

That Which Does Not Kill Me...

It's hard to imagine that until World War II, infectious diseases such as pneumonia and tuberculosis were dreaded killers in this country. Beginning with the introduction of penicillin in the 1940s, these scourges could finally be cured with antibiotics. It was nothing short of a miracle. But scientists have always been aware that the miraculous antibiotics could become useless if they were underdosed and failed to knock out an infection completely. Bacteria are reproductive dynamos; a single *Staph* can divide every 30 minutes, meaning that one resistant bacterium is able to erupt into a colony of more than 1 million in less than a day. In the presence of a nonlethal dose of antibiotics, bacteria can mutate to become resistant, breeding a new strain. Which is exactly what began to happen on farms across the U.S.



DIVIDE AND CONQUER: A single *Staph* cell divides every 30 minutes and when faced with a weak dose of an antibiotic, can mutate to become resistant to it.

In the early 1950s, drug companies began marketing antibiotics for livestock after studies showed that low doses of penicillin, tetracycline, bacitracin and other drugs used to cure infections in humans made animals grow more quickly. Unfortunately, within two decades there was persuasive scientific evidence that the low-dose antibiotics were a recipe for disaster. In a seminal 1976 study, Levy administered small amounts of the antibiotic tetracycline to a flock of chickens. Soon, the chickens were carrying *E. coli* bacteria that were resistant not only to tetracycline, but to other antibiotics as well. Within weeks, the farmers who tended those birds also carried resistant bacteria.

A year later (1977), the Food and Drug Administration, the federal agency mandated to protect Americans' health, announced plans to ban feeding livestock low doses of antibiotics, which, according to the FDA, had *not* been "shown safe for widespread, subtherapeutic use." But bowing to pressure from legislators and agribusiness, the FDA failed to act on its recommendation, even after the American Academy of Pediatrics, the Centers for Disease Control and Prevention, the National Academy of Sciences, the U.S. Department of Agriculture and the World Health Organization identified subtherapeutic use of antibiotics as a human health issue. More than 30 years later, when the Natural Resources Defense Council and other groups sued in 2011, the FDA revoked its recommendation and said that a "voluntary" effort would be more effective.

Hog Heaven, Hog Hell

If there is a ground zero for the abuse of antibiotics in the United States, it's probably Iowa, where hogs outnumber humans seven to one. During the 90-minute drive up I-35 from Des Moines to visit one farm, I was rarely out of sight of rows of long, low barns—each home to at least 2,000 pigs confined shoulder-to-shoulder in pens—known as CAFOs (Concentrated Animal Feeding Operations). In 2009, Tara Smith, Ph.D., a researcher at the University of Iowa, published a study that found that

Playing It **Safe**

THREE SIMPLE PRECAUTIONS CAN HELP SAFEGUARD YOUR FOOD

Humans, like all living organisms ranging from heads of lettuce to herds of cattle, are host to millions of bacteria. Strains can be passed from animal to animal. Bacteria in manure on fields can blow in the wind or percolate into the water supply. They can travel easily, living on meats and vegetables, on countertops and in gyms.

Our natural defenses allow us to carry bacteria in our guts, mouths and on our skin without developing infections—until injury or disease weakens those defenses. Normally, a regular *Staph* infection can be easily treated. But today's methicillin-resistant *Staphylococcus aureus* (MRSA)—whose symptoms often include a painful boil—may require multiple antibiotics. So make sure to:

KEEP IT CLEAN Always be careful when handling raw meats and be aware of what they touch. Use separate cutting boards. Wash reusable grocery bags, dish towels, kitchen counters, plates, knives and utensils with hot soapy water.

COOK IT Heat can kill bacteria so the best defense is to cook to the proper temperature (165°F for chicken, 160°F for ground meat, 145°F for beef and pork steaks). Avoid raw milk (the pasteurization process kills *Listeria*) and wash or cook produce well.

BUY ANTIBIOTIC-FREE Though resistant bacteria, such as MRSA, have also been found on animals that don't receive antibiotics, you can minimize your risk and encourage farms to cut back on antibiotics by shopping for antibiotic-free meats (see page 92).

© MICHAEL TAYLOR/ISTOCKPHOTO

Labels to Look For

USDA Certified Organic

dairy eggs meat poultry

The USDA ensures that foods with the certified USDA Organic label come from animals that have never had antibiotics.

American Grassfed Certified

beef dairy lamb

This label guarantees that the animal was never given antibiotics. (In contrast, "100% Grass Fed" with the USDA Process Verified shield means that the cows were fed a lifetime diet of 100 percent grass and forage. It does not exclude antibiotics.)

Wild-Caught Fish

There is no USDA organic certification for fish, so the "organic" labels you see can mean anything. Farmed fish are typically fed antibiotics. The best bet: wild-caught.

Animal Welfare Approved

dairy eggs meat

This label does not allow subtherapeutic antibiotics. Sick animals must be treated and can still be sold as AWA, as long as slaughter or milking is delayed until after twice the length of the regulated withdrawal period.

Certified Humane Raised & Handled

dairy eggs meat poultry

This certification (not to be confused with American Humane Certified) is endorsed by several animal-welfare and food-safety organizations, including the ASPCA. Animals are raised on a diet without antibiotics. Antibiotics are allowed to treat sick animals, but only under veterinary supervision.

No Added Antibiotics / No Antibiotics Administered

poultry

Variations of "no antibiotics added" can be meaningful. For meat and poultry only, the label means the animal never received antibiotics. With this claim, look for the USDA Process Verified shield, which shows the company paid to verify it. (Backing by a private certifier, such as Global Animal Partnership for Whole Foods meat, is equally reliable.)

Natural

The USDA applies this claim only to fresh meat when nothing has been added to the cut of meat itself, such as color. The cow (or pig or lamb) could still have been raised on an antibiotic diet and the term isn't regulated.

Antibiotic-Free / No Antibiotic Residues

The USDA does not authorize these claims. Since no one approves them, they can mean anything.

—Gretel H. Schueller

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"Each year an estimated **900,000 cases** of antibiotic-resistant infections cost society up to $26 billion in additional healthcare costs and lead to tens of thousands of deaths."

FDA MAKES APPROPRIATION PLEAS CONGRESS TO HEAL THOSE THAT MAKE FREEDOM ACT AND INCLUDE PROVISIONS TO HELP PRESERVE THE EFFICACY OF ANTIBIOTICS"

nearly half of the hogs at two large Iowa farms carried MRSA. More worrisome, 45 percent of the workers at those farms harbored the bacteria.

A study published in 2011 by the Translational Genomics Research Institute showed that MRSA was finding its way into our meats. Researchers analyzed 136 samples of beef, poultry and pork from 36 supermarkets in California, Illinois, Florida, Arizona and Washington, D.C. Nearly one-quarter of the samples tested positive for MRSA.

A Plague of New Superbugs

And it's not only MRSA. During studies that lasted from 2005 to 2012, Amee Manges, a researcher at McGill University, found that supermarket chicken in Ontario and Quebec carried *E. coli* bacteria that bore a close genetic relation to strains that caused stubborn, drug-resistant urinary tract infections in 350 women she examined in Montreal. In 2011, antibiotic-resistant *Salmonella* in ground turkey sold by Cargill sickened 136 consumers in 35 states, killing one An examination of pork chops and ground pork published by *Consumer Reports* in 2012 showed that almost two-thirds of samples tested positive for resistant *Yersinia enterocolitica*, a bacterium that causes food poisoning. Some meat was also contaminated with drug-resistant *Salmonella*, *Staphylococcus* and *Listeria*. While cooking meat properly will kill bacteria, every year thousands of people are sickened by them, and for some (especially the very young, the very old and those with weak immune systems) the illnesses can be fatal.

"We are calling on retailers and grocery stores... to commit to stopping these practices and stocking only meat that was raised without feeding antibiotics to healthy animals," Jean Halloran, director of food policy initiatives at the Consumers Union, said in a statement accompanying the release of the report.

Companies that sell the drugs used on livestock deny that there is a connection between resistant bacteria found in animals and humans. "There isn't sufficient data to draw the conclusions drawn by *Consumer Reports* that attribute resistant bacteria in pork to the animals receiving antibiotics," said Ron Phillips, vice president for legislative and public affairs at the Animal Health Institute, a trade group representing Bayer, Merck and other pharmaceutical companies. "Resistant bacteria are out there and can come from a lot of different sources. In fact, there have been numerous studies over the past decade that have examined potential pathways for antibiotic-resistant material to transfer from animals to humans."

Phillips contends: "Several of these assessments have been done on different kinds of antibiotics and each and every one of them, including one performed by the FDA itself, have come to the conclusion that there is a vanishingly small level of risk."

But it is virtually impossible to find a microbiologist unaffiliated with industry who agrees with him. "There are decades of evidence linking antibiotic use in food production with the emergence of drug resistance," said Lance B. Price, a professor at George Washington University's School of Public Health and Health Services. "There's very clear, sound science showing that the multi-drug-resistant strains emerged from drug use in food animal production then spread to humans. Anyone saying that there's no data is either deceiving themselves or lying."

Price led a team of 33 researchers from 19 countries who tracked the origins and evolution of *Staph* associated with pigs and other meat animals. They discovered a nonresistant strain of *Staph* that originated in humans and was transmitted to livestock. There, it quickly became resistant to antibiotics and was passed back to humans as a virulent form of MRSA, according to a paper they published in 2012.

A Better Solution?

So could keeping antibiotics off the farm keep humans out of the hospital? In 2009, Tara Smith of the University of Iowa sought to answer that question. As part of the study, she took nasal swabs from Sarah Willis, Willis's 11-year-old daughter, mother and father and their farm workers to test for MRSA. Smith was interested in the family because Sarah's father, Paul Willis, founded Niman Ranch's pork collective in the late 1990s. The operation has since grown to include more than 500 family farmers. Niman farmers never administer antibiotics to livestock nor do they confine their animals in CAFOs. On the day I visited Sarah Willis, the pigs on her family's 800-acre property were playing chase with each other or snoozing in the late-autumn sunshine of their paddocks—a rare sight in Iowa.

Smith also tested nine other farmers who did not use antibiotics. And she tested nine farmers who did administer the drugs to their animals. The results? Even though all the farmers in her tests ran large, commercial pig operations, not one of the

*SOURCE: PEW CAMPAIGN ON HUMAN HEALTH AND INDUSTRIAL FARMING

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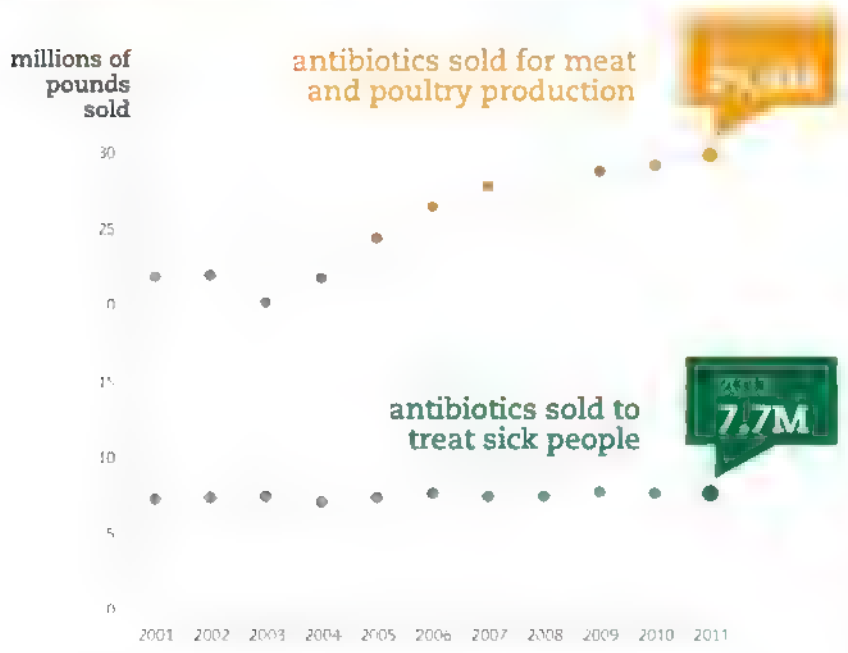

producers who avoided antibiotics tested positive for MRSA, while nearly half the farmers who routinely used antibiotics on their pigs carried resistant bacteria. In other words, avoiding the drugs on the farm might be one way of reducing the prevalence of these virulent strains.

The findings resonated with Sarah Willis. One of those pig CAFOs is less than a mile from her house. In 2011, there were seven cases of MRSA in her daughter's school district. It took two rounds of antibiotic treatment to cure the youngsters. "I avoid meat raised on antibiotics due to health concerns," Willis said. "But it's more important to me that I am voting with my dollars. I would rather spend my money on food that is raised responsibly."

The real tragedy of subtherapeutic antibiotic use is that it is unnecessary. Before joining Niman, Paul Willis administered antibiotics to his hogs. "And we had more health problems with our animals then than now," he said, when Sarah and I met him at a cafe. "Going antibiotic-free is not only good for people, but animals as well." Studies in Denmark, a major pork-producing country that banned subtherapeutic antibiotics in 2000 (followed by the rest of the European Union in 2006), confirm Paul Willis's observations. In Denmark, incidences of resistant bacteria fell dramatically, in both people and animals, after the ban. Pork production rose.

A Demand for Drug-Free

For Willis, though, "it was a customer issue. My biggest customers pushed for the animals to be free from antibiotics, so I banned drugs." Companies that now refuse to sell meat produced with antibiotics include Whole Foods Market and Chipotle Mexican Grill, and the list is growing. Hyatt Hotels now offers antibiotic-free options at all its restaurants. At a time when sales of most meat and poultry products are flat, antibiotic-free-meat sales are climbing at a rate of 10 to 15 percent annually and sales from antibiotic-free pork alone now approach $500 million a year, according to Kevin Kimle, a faculty member in the economics department at Iowa State University.

Everly Macario is convinced that conscientious shoppers are the key to boosting those numbers. "If we buy only antibiotic-free meat, then demand for conventional meat will drop and more farmers will stop drugging their animals. It's something every shopper can do." She does not stop at shopping: Macario helped found the MRSA Research Center at the University of Chicago Medical Center. She also became the leader of Supermoms Against Superbugs, which met with food-policy legislators in Washington, D.C., in 2012 to discuss ways to keep antibiotics viable.

But to date, there has been no solid progress. Congresswoman Louise Slaughter, a Democrat from upstate New York and a microbiologist by training, has repeatedly tried to legislate limits on the use of the drugs in animals, without success. In an email, Slaughter said, "With the threat of antibiotic resistance higher than ever, I will once again introduce the Preservation of Antibiotics for Medical Treatment Act at the start of the 113th Congress. As the science continues to make clear, there is no more time for delay."

Macario is frustrated. But while the FDA stonewalls and Congress dithers in the face of intense lobbying from agribusiness and pharmaceutical companies, there is one way to effect change.

"I love meat," Macario said during our visit to the supermarket. "I crave it. I'm originally from Argentina. My grandfather raised cattle." At the store, Macario zeroed in on Rain Crow Ranch grass-fed steaks. The package was not labeled "antibiotic-free," but Macario had researched the company and its farms and was confident that they never used antibiotics. The steaks, at $21.99 a pound, were pricier than the same cuts raised with antibiotics (though the *Consumer Reports* survey found that many antibiotic-free meats cost the same or in some cases less). All the other meats, dairy products and eggs she chose had similar assurances of avoiding antibiotics.

"When I shop for food, I always try to remember what one consumer advocate in Washington told me," Macario said. "Congress and big agricultural interests are scared to death of moms."

BARRY ESTABROOK's *last feature for* EatingWell, *"Sweet Summer Corn" (July/August 2012), is a finalist for the 2013 Bert Greene Award for "Writing That Makes a Difference."* EatingWell *produced this antibiotics feature in collaboration with the Food & Environment Reporting Network, an independent, nonprofit news organization producing investigative reporting on food, agriculture and environmental health.*

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The New Pasta Salad

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fresh herbs and lean protein. Turn the
315 calories per serving), plus lots of

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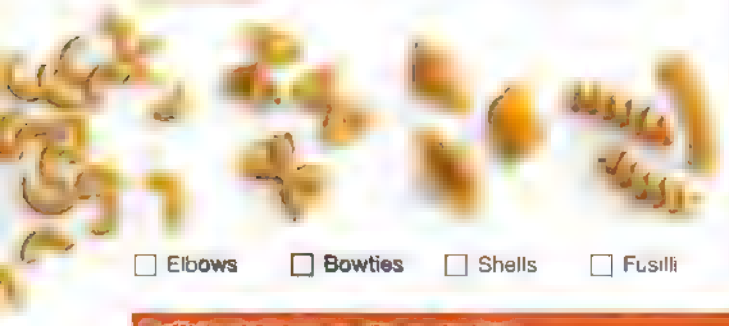
test kitchen pasta salad techniques

1: Pick & Cook Pasta

Whole-wheat pasta adds 2 grams of heart-healthy fiber per ounce of dry pasta versus white pasta. The amount of dry pasta to start with depends on the shape: to get 4 cups of cooked pasta, use 2 cups elbow macaroni, 2½ cups shells, 3 cups bowties or fusilli. Cook pasta and drain (but don't rinse). Spread on a large baking sheet to cool.

START WITH **4 cups cooked whole-wheat pasta:**

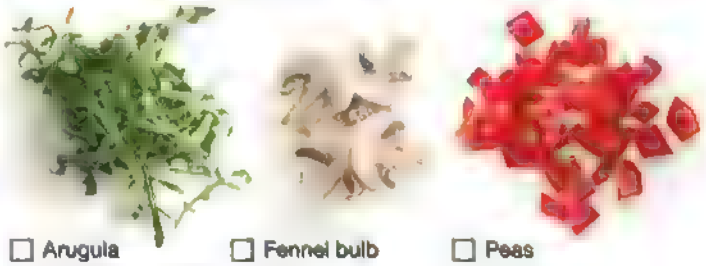


☐ Elbows ☐ Bowties ☐ Shells ☐ Fusilli

2: Load Up on Veggies

Use as many cups of veggies (and/or fruit) as pasta. This keeps your pasta salad healthy and slashes the calories compared with typical versions that are made with mostly pasta.

ADD **4 cups fresh vegetables and/or fruits:**



☐ Arugula
☐ Artichoke hearts
☐ Baby spinach
☐ Broccoli
☐ Fennel bulb
☐ Melon
☐ Mushrooms
☐ Onion
☐ Peas
☐ Peppers
☐ Tomatoes
☐ Zucchini

COMBOS WE LOVE

Antipasti Pasta Salad

Vegetables: 2 cups thinly sliced fennel bulb, 1 cup diced bell pepper and 1 cup quartered canned artichoke hearts
Protein: 1 cup canned cannellini beans (or other white beans), rinsed
Flavor Booster: ½ cup cubed salami, 5 tablespoons shredded Provolone and 3 tablespoons chopped pepperoncinis
Dressing A or B: Use fresh marjoram.

Broccoli & Feta Pasta Salad

Vegetables: 2 cups halved cherry tomatoes and 2 cups chopped broccoli
Protein: 1 15-ounce can chickpeas, rinsed
Flavor Booster: ½ cup crumbled feta cheese
Dressing A or B: Use fresh oregano.

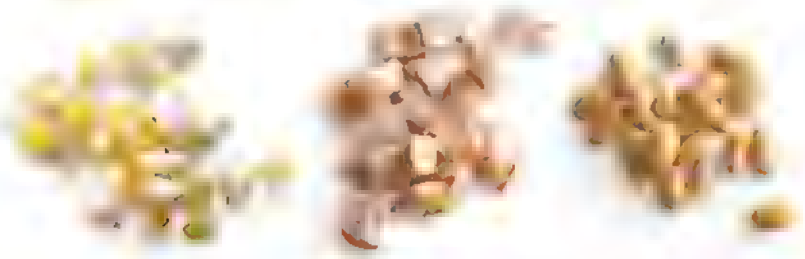
Melon & Chicken Pasta Salad

Vegetables & Fruit: 2 cups cubed cantaloupe (or honeydew), 2 cups thinly sliced baby spinach
Protein: 2 cups cubed or shredded cooked chicken breast
Flavor Booster: ¼ cup dried cranberries and ¼ cup chopped prosciutto
Dressing A or B: Use fresh tarragon.

3: *Add Lean Protein*

Adding lean protein to pasta salads helps make them more satisfying. To keep prep time to a minimum, use convenient proteins like canned beans or tuna, cooked ham or roasted chicken.

ADD 1 to 2 cups lean protein:

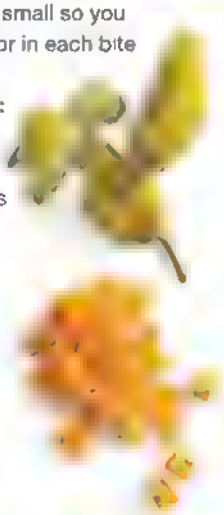


- ☐ Hard-boiled eggs
- ☐ Cooked chicken breast
- ☐ Cooked ham (reduced- or low-sodium)
- ☐ Beans
- ☐ Chunk light tuna

4: *Boost Flavor*

For best flavor, don't forget to add a few higher-calorie or salty ingredients like cheese, cured meats or pickled vegetables. Chop them small so you get a little bit of big flavor in each bite.

ADD ½ to 1 cup total:



- ☐ Capers
- ☐ Full-flavored cheeses
- ☐ Olives
- ☐ Pepperoncini
- ☐ Prosciutto
- ☐ Salami
- ☐ Sun-dried tomatoes

5: *Dress It*

Skip high-calorie creamy dressings and use a lighter version made with low-fat mayonnaise and buttermilk. Or try a heart-healthy vinaigrette made with olive oil.

TOSS 8 cups pasta salad with ¾ cup dressing:

Vegetable & Tuna Pasta Salad

Vegetables: 3 cups baby arugula and 1 cup diced zucchini
Protein: 2 5-ounce cans chunk light tuna, packed in water, drained
Flavor Booster: ½ cup shredded Parmesan cheese and ¼ cup chopped soft sun-dried tomatoes
Dressing A or B: Use fresh basil.

Peas & Ham Pasta Salad

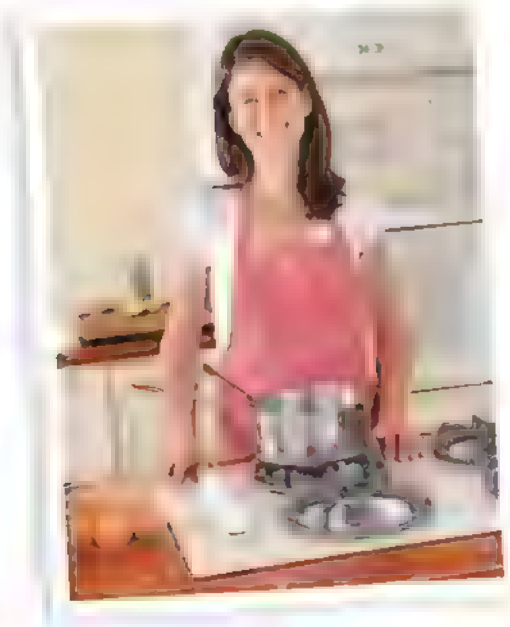
Vegetables: 2 cups sliced button mushrooms, 1¾ cups frozen (thawed) peas and ¼ cup finely chopped sweet onion
Protein: 1 cup diced ham and 2 chopped hard-boiled eggs
Flavor Booster: ½ cup diced Cheddar cheese
Dressing A or B: Use fresh dill.

A) Creamy Buttermilk Dressing
Mash 1 clove **garlic** and ¼ teaspoon **salt** in a bowl into a paste. Whisk in ½ cup **buttermilk**, ¼ cup **low-fat mayonnaise**, 3-4 tablespoons chopped **fresh herbs** (*see Combos, left*) and 1 tablespoon **distilled white vinegar** until smooth. *Makes about ¾ cup.*

B) Herb Vinaigrette
Whisk ¼ cup each **extra-virgin olive oil, reduced-sodium chicken broth** and **red-wine vinegar** in a bowl with 3-4 tablespoons chopped **fresh herbs** (*see Combos, left*), 2 tablespoons finely chopped **shallots** and ¼ teaspoon each **salt** and **pepper**. *Makes about ¾ cup.*

What's the best way to keep fresh herbs from wilting or rotting?

—D.H. Wallace, Lincoln, NH



Using fresh herbs is one of our favorite ways to make recipes sing. But we know they can be pricy, so we store herbs carefully for maximum shelf life. Here's how:

1. **Loosen them up:** As soon as you get herbs home, remove from the packaging or take off rubber bands or twist ties to prevent damage. Skip washing until you are ready to use. Fresh herbs prefer to be barely damp—wet herbs quickly turn into compost.

2. **Basil and mint:** These do best stored out of the refrigerator. Trim the bottom of the stems. Place in a glass and add about an inch of water to cover the bottom of the stems. Cover the leaves with a plastic bag. Store at room temperature, out of direct sunlight. Replenish the water daily. They'll keep up to 2 weeks.

3. **Most other herbs:** Wrap in a barely damp paper towel (or lightweight cloth towel) and store airtight in the refrigerator in a plastic bag or covered container. Check every few days and moisten as needed. They'll keep up to 2 weeks.

4. **Too many herbs?** If you have more than you can use, wash, dry, finely chop and combine with a little olive oil. Freeze in ice cube trays. Pop them out when you want to add herbs to a sauce, salad dressing or rub.

5. **In a pinch:** Dried herbs can be used instead of fresh in most recipes Substitute 1 teaspoon dried for each tablespoon of fresh.

Send your healthy-cooking questions to Test Kitchen Manager Stacy Fraser at *askus@eatingwell.com*

test kitchen tips & notes

Tools We Love

MORTAR & PESTLE (*pages 32, 73, 83*) Originating centuries ago as a tool to grind grains, a mortar and pestle still has a place in the modern kitchen. We love how this tool makes quick work of grinding whole spices. You get the most flavor and can control the size of the grind—fine, medium or coarse—when you grind spices in a mortar and pestle just before using. You can also use a mortar and pestle for chopping a small amount of nuts or to make a batch of pesto: grind fresh basil with a little olive oil, garlic, pine nuts and Parmesan cheese. Skip mortars with a smooth grinding surface like marble or wood—they're beautiful, but spices slip around rather than grind. Look for a coarse interior like grooved ceramic, porcelain or unglazed ceramic (clockwise from left: $40 and $50, *williams-sonoma.com*; $35 *lecreuset.com*).

Look for "dry" sea scallops (*page 46*), which

are not treated with sodium tripolyphosphate, or STP. Scallops treated with STP ("wet" scallops) are mushy, less flavorful and will not brown properly.

Try chipotle chiles in adobo sauce (*page 48*)—

smoked jalapeños packed in a flavorful sauce—to add smoky heat to sauces and soups. A little goes a long way, so taste as you go. Look for the small cans with Mexican foods at large supermarkets. Store in an airtight container for up to 2 weeks in the refrigerator or 6 months in the freezer.

Oil the grill rack (*pages 34, 71*)

before you grill to keep food from sticking. Bring a little bowl of oil out to the preheated grill along with a folded paper towel and a pair of tongs. Oil the paper towel, hold it with the tongs and rub it over the rack. (Do not use cooking spray on a hot grill—it can cause a flare-up.)

Buy sustainable shrimp (*page 32*):

Both wild-caught and farmed shrimp can damage the surrounding ecosystems when not managed properly. Look for shrimp certified by an agency like the Marine Stewardship Council. If you can't find it, choose wild-caught shrimp from North America—it's more likely to be sustainably caught.

To grow your own basil (*page 13*):

Go to *johnnyseeds.com* and *highmowingseeds.com* for seeds; *gardeners.com* for seed-starting supplies.

Daily Sweepstakes Official Rules (*pages 4, 28*) No purchase necessary to enter or win. Subject to Official Rules and entry at *www.betterrecipes.com*. There will be one Daily Giveaway Sweepstakes per day. Entries for each daily sweepstakes must be received by 11:59 p.m., E.T. Open to legal residents of the 50 United States, and the District of Columbia, 21 years or older. One entry per e-mail address per day. Online entry only. Void where prohibited. Sponsor: Meredith Corporation

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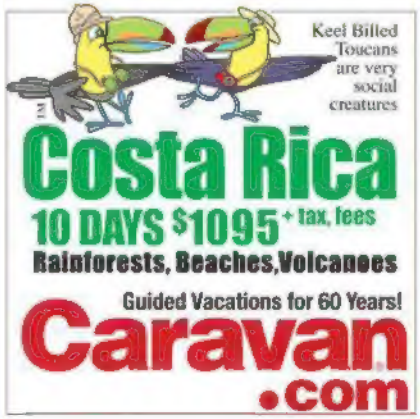
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Let Them Eat Cake

BY JOYCE MAYNARD

Because all three of my children's birthdays fall within a month of each other, there was always, at our house, a time I thought of as The Birthday Season. Every time it rolled around, I'd be filled with a mixture of intense nostalgia and awe, along with another emotion I don't easily admit to: a sense of guilt and anxiety. I wanted to make each of my children's birthdays perfect. But the task left me ragged.

Somewhere in the background, I know I must have heard it: A clatter of pans. The opening and closing of the refrigerator. My daughter's gentle, happy murmuring. She was singing, in fact.

I could have picked up one of those fancy princess or superhero cakes that my children eyed longingly at the supermarket. But for reasons best left to the therapist's office, I felt this need to offer up tangible evidence of my inexhaustible love: a homemade cake that would manifest the vastness of my devotion.

The Birthday Season in which Charlie turned 2 (and Audrey 6) was a particularly challenging one. I'd managed to plan a big party for Audrey but as I was taking out my cake ingredients, I realized I was in labor. I rescheduled her celebration for 10 days later, after I had given birth to Willy.

Now Charlie's big day was looming. I kept putting off the celebration. He was only 2 years old. What did it matter to a boy who could not read a calendar whether we marked his birthday on the actual date of his birth?

But it mattered to his sister. The morning of Charlie's birthday, she woke me in bed—baby Willy at my side—with the reminder that there was a cake to be made. I rolled over and told her, "Maybe later." I said the same thing two hours later, and again when she reminded me that afternoon.

The sun was going down and I was carrying out the trash—part of the never-ending cycle of chores that had almost obscured for me the beauty of the day—when Audrey asked again: "What about the cake, Mom?" She had told her younger brother it was his birthday, so now my newly verbal son, who had recently witnessed the spectacle of his sister's Big Day, was asking, "Where Charby's birthday go?"

"Oh, honey," I told her, "maybe another day." I had a load of laundry to put in the dryer. And another to wash.

So when Audrey announced her plan to make the cake herself, I must have muttered something like "Just don't make a mess." I was picturing some project involving Play-Doh.

Somewhere in the background, I know I must have heard it: A clatter of pans. The opening and closing of the refrigerator. My daughter's gentle, happy murmuring. She was singing, in fact. Whereas I was simply buried in a mountain of chores, wearily checking items off my To Do list. One item absent from the column: *Enjoy this day.*

Then a smell rose from the kitchen. Not unpleasant, though odd. Unplaceable. Then a small voice calling out: "It's your birthday now, Charby."

She had helped him up onto his booster seat. She had made him a card and a paper crown held together with paper clips and tape, with jewels glued on and a giant number 2. In her high, clear soprano she was singing the first notes of "Happy Birthday."

The cake sat in front of him, with two candles and one to grow on. Not lit, because my daughter knew our rule about matches.

Beaming, my son plunged a hand into the center of the cake, took a big chunk, and whooped. His sister's concoction was clearly a hit.

Audrey could not remember exactly how she'd made it, though from the looks of my counter, eggs were involved. Also cocoa powder, peanut butter, oil, sugar and a vast quantity of salt. Also mayonnaise. Teriyaki sauce. Granola. Raisins. And Honey Nut Cheerios. From the dial on the oven, it appeared to have been baked at 250 degrees.

"Was it your best birthday ever, Char?" she asked her brother, after we'd polished off the last of the cake.

"Good cake," he said.

Made with the most important ingredient, as I well recognized.

JOYCE MAYNARD's *fifteenth book,* After Her *(William Morrow), will be published this summer.*

VALERIA CIS

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